5 WAYS TO BETTER WELLBEING

There are lots of small things we can do to support our mental health and wellbeing. Here are a few suggestions to try during your Daily Mile at school or at home.

SAMH
Scottish Action for Mental Health

The Daily Mile
children fit for life

CONNECT

Talking to someone in your class or at home can help us feel happier. Even a chat can make us smile

When you do your Daily Mile:

- ask your buddy or someone at home how they are, and listen to what they say.
- ask your buddy what is their favourite thing to do.
- do it with someone you haven't done it with before.

BE ACTIVE

Being active is really good for us in our bodies and our brains. It can make us feel healthy and happy.

When you do your Daily Mile:

- Try and do it a bit faster for 1 day.
- Try and do it everyday for 1 week.
- Ask your parent, guardian if you can walk, wheel, scoot to school instead of going in the car as your Daily Mile.

TAKE NOTICE

When you're with friends or your family try and take notice of things about you.

When you do your Daily Mile:

- what you can see, hear or smell?
- notice how you and others are feeling.
- keep a special book or tablet folder with stories and photos of what you have seen and heard.

LEARN

Learning something new can help us feel good, confident and bring people together.

When you do your Daily Mile:

- do the 5 Ways activity at home or school.
- try and learn something about your local area.
- learn something new about your Daily Mile buddy and share something new to them.

GIVE

Giving feels good and helping others can make you and THEM feel very happy.

When you do your Daily Mile:

- help someone by running/ wheeling/scooting with them.
- pick up any rubbish and put in the bin to help everyone.
- Do something you like when you have finished your Daily Mile that makes you feel good.

TRACKING YOUR 5 WAYS ACTIVITY

If you liked our ideas, or have some of your own, try our 5 Ways to Better Wellbeing activity. You can use this page to note your progress or come up with activities you can do with friends or family.

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life



CONNECT



BE ACTIVE



TAKE NOTICE



LEARN



GIVE

Tier 2: 5 Ways Challenge

Outcomes:

Curriculum for Excellence: Health and Wellbeing	The national curriculum in England: PSHE	Area of learning and experience: Health and Wellbeing	Personal Develpoment and Mutual understanding

Equipment:
'5 Ways Challenge Sheet'

Time needed:
5 minutes

Participants:
7 – 11 years old

How to:

1. Provide each child with their own copy of the worksheet – printed or digitally.

2. Before going out to do The Daily Mile, choose one of the '5 ways' to complete that day and go through the explaination on the completed side of the worksheet.

3. Once back in the classroom, record what they did in the empty space.

4. The challenge is to complete each of the 5 ways alongside doing their Daily Mile.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today we will be starting the 5 ways challenge. Each day this week you will choose a different 'way – connect, be active, take notice, learn and give' during the Daily Mile. After you've finished, you need to write or draw what you did on your sheet.'

Close the activity by saying; '"Well done everyone on doing the first day of the challenge! Remember tomorrow you will try one of the different 5 ways and at the end of the week, you will have completed the challenge.'

Other ways to use this activity:

a. **1-2-1 setting**: Choose a 5 ways activity to do at the end of a 1-2-1 session as a reward for good behaviour.

b – **Longer group activity**: In small groups, challenge the children to think of new activities for each of the 5 ways. After they've decided the activities, ask them to share with the rest of the class so everyone can learn new ways to try.

c – **Take home activity:** Challenge the children to complete an activity for each of the 5 ways over the weekend and write or draw what they did.