

## ACTIVITY: SIX WAYS OF WELLBEING

Resilience Focus Area: **Emotions & Behaviours**

### Learning Outcomes

\*To understand what 'wellbeing' is

\*To know what the 6 ways to wellbeing are and how they might help young people

\*To explore 'top tips' to improve wellbeing



Time	Activity	Method	Resources
	<b>SIGN IN &amp; CHECK IN</b>	Ask young people to complete Sign In sheet  Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet  Pen
	<b>WELCOME &amp; LEARNING EXPECTATIONS</b>	Explain to the young people we are working with what the aims and objectives of the session are.	Pen  Flipchart
	<b>RECAP GROUND RULES</b> <i>If relevant or set ones for this session if necessary</i>	Explain to the group, people need to feel safe in order to share their views and experiences. Remind them of the rules we agreed last week: <ul style="list-style-type: none"> <li>• Respect other people</li> <li>• Listen to what other people are saying</li> <li>• What people say, stays in the group (unless they or anyone else is at risk)</li> <li>• The more you put in, the more you take out!</li> <li>• Plus any additions from last week</li> </ul>	Ground rules pre-prepared and written up on a flipchart  pen

Time	Activity	Method	Resources
	<b>ICEBREAKER</b>  <b>WELLBEING BAG ACTIVITY</b>	<p>Explain to the group, there are items in the bag with a label attached. They should reach in the bag and pull out an item without looking and then read the question on label and answer it.</p> <p>Dependent on time, you could ask the group to state their answers too before moving on to the next person</p>	Wellbeing Bag (see resources for contents list)
	<b>DISCUSSION &amp; ACTIVITY</b>  <b>WHAT IS WELLBEING?</b>	<p>Ask the group what they think WELLBEING is? In x2 groups, ask them to write their ideas on the handout. Ask them to feedback to the group and write what they say up on a flipchart.</p> <p>Discuss what young people have suggested.</p> <p>Read out to the group WELLBEING is:</p> <p>“... a good... condition of existence... Characterised by health, happiness, prosperity and welfare...”</p> <p>OR in simple terms:</p> <p>“the state of being comfortable, healthy and happy”.</p> <p>Discuss with the group their thoughts on this.</p>	Flipchart Pens ‘what is Wellbeing?’ Printed off on A3
	<b>DISCUSSION</b>  <b>WHERE IS MY WELLBEING?</b>	<p>Ask the group to identify where they think they are in terms of their ‘wellbeing’, 1 being low and 10 being high. Ask them to share why they feel that.</p> <p>Read out the two statements and ask the group to decide if they agree with statement A or B:</p> <p>A) Wellbeing is something you’re born with? GO TO CORNER A</p> <p>B) Wellbeing is something you learn? GO TO CORNER B</p> <p>Ask them why?</p>	Markers for A & B

Time	Activity	Method	Resources
	<p><b>ACTIVITY</b></p> <p><b>WATCH THE 'SIX WAYS TO WELLBEING' VIDEO</b></p>	<p>Watch the YouTube clip:</p> <p><a href="https://www.youtube.com/watch?v=rsw2b6rf5Q">https://www.youtube.com/watch?v=rsw2b6rf5Q</a></p> <p>Discuss the young people's thoughts on what they have just viewed.</p> <p><i>There are a number of other videos out there, choose one that is best suited to your audience</i></p>	<p>Laptop</p> <p>YouTube Link</p> <p>Speakers</p>
	<p><b>DISCUSSION</b></p> <p><b>THE WHEEL OF WELLBEING</b></p>	<p>Introduce the Wheel of Wellbeing and explain how WOW is about doing more of the things you enjoy. Highlight research shows that the 6 ways help improve moods, strengthen you relationships and can add 7 years to your life!</p> <p>The 6 Ways are:</p> <ol style="list-style-type: none"> <li>1. Care—Planet</li> <li>2. Take Notice—Place</li> <li>3. Connect—People</li> <li>4. Give—Spirit</li> <li>5. Keep Learning—Mind</li> <li>6. Be Active—Body</li> </ol> <p>Break into groups and ask the young people to think of an action they currently do under each of the headings. Ask the group to swap their ideas and add anything not on there already.</p> <p>Ask the groups to feedback.</p>	<p>Pre-prepared flipchart with WOW written up as topic headings</p> <p>pens</p>

Time	Activity	Method	Resources
	<p><b>ACTIVITY</b></p> <p><b>WELLBEING TOP TIPS &amp; CALENDER PLEDGE</b></p>	<p>Ask the young people to look around at what has been captured so far. Ask them to think about what they could do more of or something new they might like to try. Ask them to identify what they would like to 'pledge' to do more going forward. Ask the young people to complete the handout pledging the WOW things they will do over this week. Highlight the ripple effect that if there are x young people in the group and they all manage to do something each day, that will mean as a group we have x months' worth of activities to help look after our wellbeing!</p> <p>Ask the group to feedback on what they will take away from the session on how they will work to improve their wellbeing.</p> <p>Once completed, take a copy of their pledges and return the originals to the young people to fulfil their pledges.</p> <p>Collate the information and make a LARGE display of the 6 Ways of Well-being that represents them and how they look after themselves.</p>	<p>Top Tips WOW calendar pledge handout</p> <p>Pens</p> <p>Flipchart</p>
	<p><b>EVALUATION &amp; CLOSE SESSION</b></p>	<p>Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.</p> <p>And finally, check out with everyone as before</p>	<p>Evaluation Forms</p> <p>Pens</p>



To access more resources, information and advice visit

[www.KentResilienceHub.org.uk](http://www.KentResilienceHub.org.uk)

[www.MoodSpark.org.uk](http://www.MoodSpark.org.uk)



# WHAT IS WELLBEING?

WELLBEING is

...a good condition of existence, characterised by health, happiness, prosperity and welfare.



OR in simple terms

...the state of being comfortable, healthy and happy.

Which statement do you agree with?

Wellbeing is something you are:

Born with?

Or

Can improve?

My WOW pledge	What I will do
I will CARE about the planet by	
I will TAKE NOTICE about the place by	
I will CONNECT with people by	
I will GIVE by	
I will KEEP LEARNING by	
I will BE ACTIVE by	

# WELLBEING BAG

This is a fun way to start a new group and support them to connect and find things they have in common.

*Things you will need:*

A brightly coloured tote bag

Parcel tags

List of items (see attached as suggestions to get you started)

Pen

Sellotape

List of questions associated to the items you have chosen e.g. what is your favourite....?

*How to put together the Wellbeing Bag:*

On each of the parcel tags, write a question and stick it onto the selected item, e.g. What is your favourite chocolate bar? Could be attached to the mini Mars Bar. Repeat for each of the items you have chosen. Once completed, put all the items in the bag and you are ready to go.

*How to use the Wellbeing Bag with a group:*

In your group decide who is going to take the first turn.

The first person introduces themselves and pulls out an object from the bag. They read the question and answer it about themselves.

Then put the item to one-side rather than back in the bag.

You can then ask them to nominate someone else in the group to share their answer too or if there is time, move around the rest of the group and get everyone to share their answers. It's then good to highlight all the commonalities amongst the group.

Repeat this until everyone in the group has had a go or until all the items in the bag have been picked out and the questions answered.

It is usually a popular game, so perhaps save some items for another time to play the game. You could also ask the group to add to the bag by coming up with their own suggestions about what items could be included and questions to be asked!

## WELLBEING BAG CONTENTS LIST

Co-produced with young people from Thanet

Question	Suggested Item
<i>WHAT is your favourite...</i>	
Film?	DVD box
Song?	CD box
TV show?	Radio Times
Place to go on holiday to?	Euro
Chocolate bar?	Mars Bar
Colour?	Coloured piece of paper
Childhood TV show?	Blue Peter badge
Ice cream flavour?	Ben & Jerry's ice cream tub
Crisp flavour?	Packet of crisps
Youtuber?	Image of the YouTube logo
Party game?	Party hat
Lesson in school?	Textbook
Place to go?	Map
Spend your money on?	£ Pound coin
Sweets?	Packet of Starburst
Board game?	Monopoly icon
Fruit?	Plastic lemon
Animal?	Toy animal
Car?	Toy car
Item of clothing?	T-Shirt
Pizza topping?	Take away pizza menu
Drink?	Can of Apple Tango
Food?	Paper plate
Photograph?	Photograph

## WELLBEING BAG CONTENTS LIST

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Biscuit?	Shortbread
Sport?	Tennis ball
Piece of advice?	Penny
Gift?	Gift box
Book to read?	Book
Game to play?	Pack of cards
Person to make you laugh?	Chattering teeth
Weather?	Bottle of sun cream
Season?	Leaf
Toy?	Piece of lego
Person to talk with?	Old mobile phone
Power pose?	Plastic Wonder Woman
Person to spend time with?	Old watch
Instrument to play?	Harmonica
Genre of music?	Music sheet
<b><i>WHO is your favourite...</i></b>	
Actor/actress?	Oscar
Superhero?	Batman
Artist?	Art book
Disney character?	Mickey Mouse character
Cartoon character?	Loony Tunes logo
<b><i>WHO would you...</i></b>	
Most like to invite to go out for dinner with?	Plastic fork
Do on your ideal day?	Calendar
<b><i>WHAT is your best...</i></b>	
Achievement?	Medal
Memory?	Thinking emoji
<b><i>WHAT is your most...</i></b>	
Embarrassing moment?	Red faced emoji
Prized possession?	Key