


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
5 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Ask young people to complete Sign In sheet. When the group are settled ask them to introduce themselves and tell us something about themselves.</p> <p>Go through the learning expectations of the session.</p> <p>Explain how we always use a check in at the start of each workshop and how it works. Ask the group to say how they are feeling from 1-10 and if they want to share why</p>	<p>PowerPoint</p>  <p>Microsoft PowerPoint Presentat</p> <p>Sign In Sheet</p> <p>Pen</p>
5 mins	RECAP GROUND RULES <i>If relevant or set ones for this session if necessary</i>	<p>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:</p> <ul style="list-style-type: none"> • Respect other people • Listen to what other people are saying • What people say, stays in the group (unless they or anyone else is at risk) • The more you put in, the more you take out! • Plus any additions from previous sessions if applicable 	<p>PowerPoint</p> <p>Ground rules pre-prepared and written up on a flipchart</p> <p>Pen</p>

Time	Activity	Method	Resources
5 mins	ICEBREAKER WELLBEING BAG ACTIVITY (WOULD YOU RATHER IF VIRTUAL DELIVERY)	<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>	<p>PowerPoint</p> <p>Wellbeing Bag (see resources for contents list)</p>  <p>Microsoft Word Document</p> <p>List of Would You Rather Questions</p>
2.5 mins	DISCUSSION & ACTIVITY WHAT IS WELLBEING?	<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. Discuss what young people have suggested. Read out to the group WELLBEING is: "... a good... condition of existence... Characterised by health, happiness, prosperity and welfare..."</p> <p>OR in simple terms: "the state of being comfortable, healthy and happy". Discuss with the group their thoughts on this.</p>	<p>PowerPoint</p> <p>Pens</p> <p>'what is Wellbeing'? Printed off on A3</p>  <p>Microsoft Word Document</p>
2.5 mins	DISCUSSION WHERE IS MY WELLBEING?	<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> <p>Ask the group to list all that they do help their wellbeing.</p>	<p>PowerPoint</p> <p>Markers for A & B</p> <p>Flipchart</p> <p>Pens</p>

Time	Activity	Method	Resources
5 mins	<p>ACTIVITY</p> <p>WATCH THE 'SIX WAYS TO WELLBEING' VIDEO</p>	<p>Watch the YouTube clip: https://www.youtube.com/watch?v=rsw2b6rf5Q</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</i></p>	<p>PowerPoint Speakers</p>
10 mins	<p>DISCUSSION</p> <p>THE WHEEL OF WELLBEING</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 your relationships and can add 7 years to your life!</p> <p>The 6 Ways are:</p> <ol style="list-style-type: none"> 1. Care—Planet 2. Take Notice—Place 3. Connect—People 4. Give—Spirit 5. Keep Learning—Mind 6. Be Active—Body <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>Display the lists around the room.</p>	<p>PowerPoint WOW Handout</p> <p> PDF File</p> <p>Pens</p>

Time	Activity	Method	Resources
5 mins	ACTIVITY WELLBEING QUIZ	<p>Explain to the group there will be 10 questions they will be asked. Ask them to number 1-10 and explain they will need to answer each question A, B, C or D. Once they have completed the questions, go through each answer with the group.</p> <p>Discuss with them anything they thought different and why.</p>	PowerPoint Pens Paper
15 mins	ACTIVITY Option 1. WELLBEING TOP TIPS & CALENDER PLEDGE Option 2. WELLBEING POSTER DESIGN Option 3. WELLBEING WORDSEARCH	<p>1. WOW PLEDGE 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>2. POSTER Share with the group the Top Ten Tips for Wellbeing Poster. Ask them to design their own version.</p> <p>3. WORDSEARCH Ask the young people to find all of the wellbeing related words and tick them off! See if the group want to design their own wordsearch for sharing with other groups.</p>	PowerPoint Top Tips WOW calendar pledge / Poster / Wordsearch handouts  Microsoft Word Document  PDF File  Microsoft Word Document Pens Paper

Time	Activity	Method	Resources
2.5 mins	RECAP and Q&A	Ask the group to feedback on what they will take away from the session on how they will work to improve their wellbeing.	PowerPoint
2.5 mins	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms. And finally, check out with everyone as before	Evaluation Forms Pens
	EXTENSION ACTIVITIES 6 WAYS OF WELLBEING	Set up 6 tables with one activity and accompanying resources on each table. Arrange groups of participants into a 'round robin' scenario whereby the move between each table and participate in each of the six activities.	6 Ways of Wellbeing Activities  Microsoft Word Document  Microsoft Word Document  Microsoft Word Document  Microsoft Word Document  Microsoft Word Document  Microsoft Word Document



To access more resources, information and advice visit

www.kentresiliencehub.org.uk

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

Co-produced with young people from Thanet

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
<i>WHO is your favourite...</i>	
Actor/actress?	Oscar
Superhero?	Batman
Artist?	Art book
Disney character?	Mickey Mouse character
Cartoon character?	Loony Tunes logo
<i>WHO would you...</i>	
Most like to invite to go out for dinner with?	Plastic fork
Do on your ideal day?	Calendar
<i>WHAT is your best...</i>	
Achievement?	Medal
Memory?	Thinking emoji
<i>WHAT is your most...</i>	
Embarrassing moment?	Red faced emoji
Prized possession?	Key