

# The 5 Ways to Wellbeing



Peer  
Education  
Project

Lesson



Mental Health  
Foundation



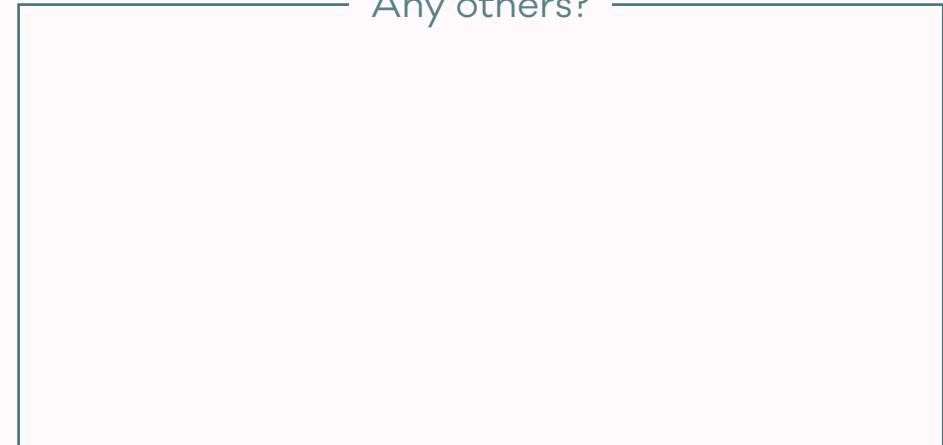


## We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?



# Being in the moment



SLIDE 3



## In the last week...

- You've done something helpful for a friend.
- You've done something relaxing.
- You've been physically active.



# Introducing the topic



SLIDE 5

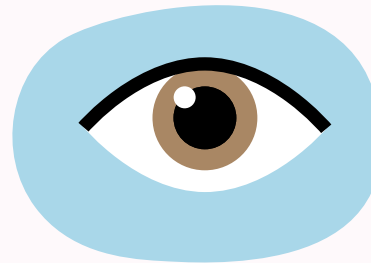
**BE  
ACTIVE**



**KEEP  
LEARNING**



**TAKE  
NOTICE**



**GIVE**



**CONNECT**

## Introducing the topic



SLIDE 6



# CONNECT

## Introducing the topic



SLIDE 7

BE  
ACTIVE

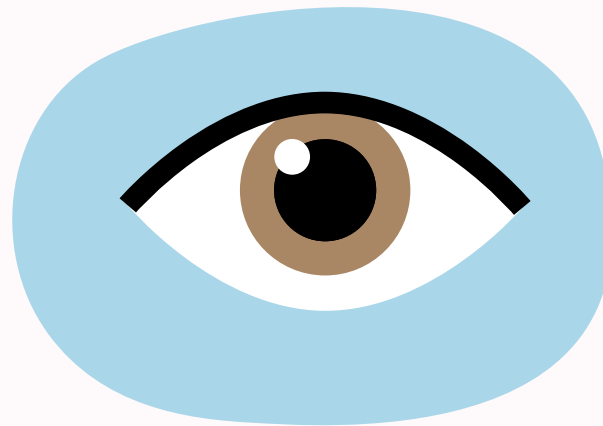


## Introducing the topic



SLIDE 8

# TAKE NOTICE





## Introducing the topic



SLIDE 9

# KEEP LEARNiNG



## Introducing the topic



SLIDE 10

# Give



# Introducing the topic



SLIDE 11

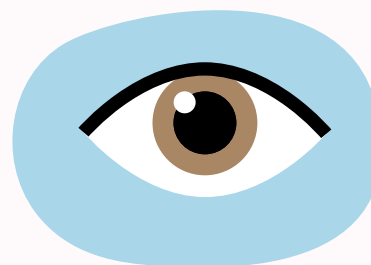
**BE  
ACTIVE**



**KEEP  
LEARNING**



**TAKE  
NOTICE**



**GIVE**



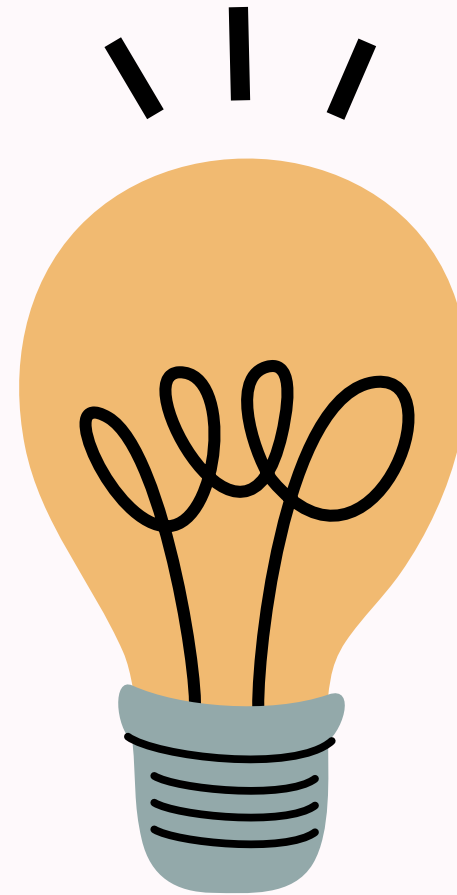
**CONNECT**

## Learning through activity



SLIDE 12

How could the wellbeing tip be promoted in your class and across the school?



# Reflecting on the learning



SLIDE 13

**One thing I  
have learned.**

**One thing I will  
do differently.**

**One question  
I would like an  
answer to.**

## Reflecting on the learning



**One thing I  
have learned.**

SLIDE 14

## Reflecting on the learning



**One thing I will  
do differently.**

SLIDE 15

## Reflecting on the learning



**One question  
I would like an  
answer to.**

SLIDE 16



## Lesson summary



SLIDE 17

It is important to explore the ways we can look after our mental health and wellbeing, which will be individual to each of us.

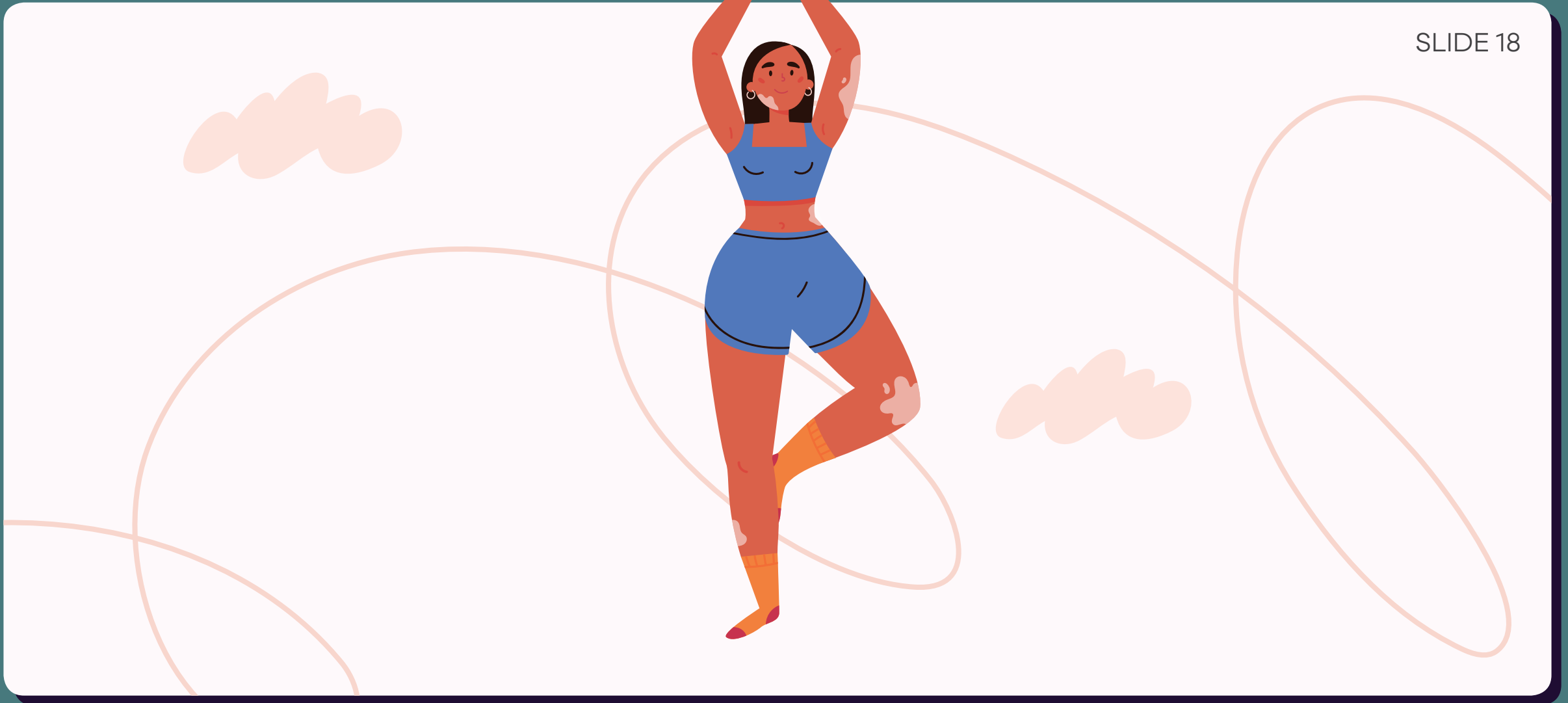
The 5 Ways to Wellbeing framework can be a reminder of the different ways to look after ourselves.

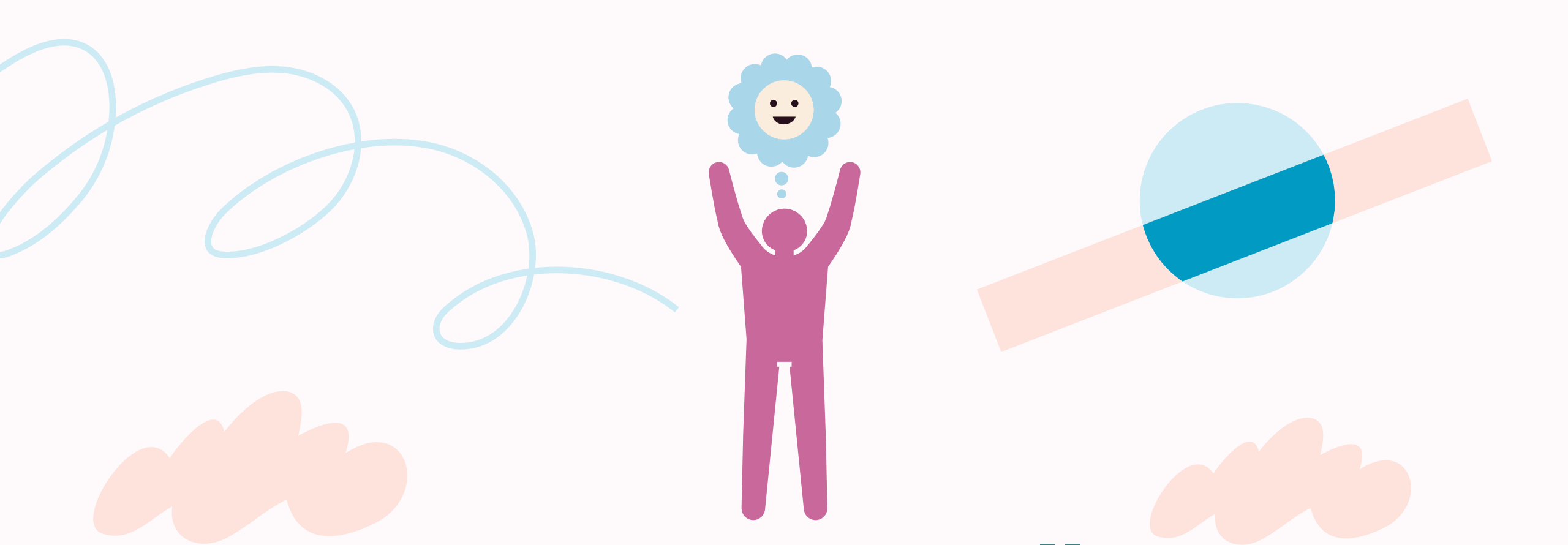


# Being in the moment



SLIDE 18





# Staying well



Peer  
Education  
Project

**Lesson**



Mental Health  
Foundation



# Taking action



SLIDE 20

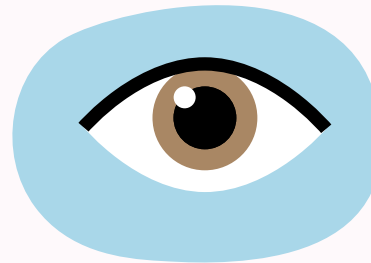
**BE  
ACTIVE**



**KEEP  
LEARNING**



**TAKE  
NOTICE**



**GIVE**



**CONNECT**

**What are the  
barriers to someone  
following the 5 Ways  
to Wellbeing?**

**What could  
someone do to  
overcome these  
barriers?**



**Barriers**

**Top tips**

SLIDE 22

# Challenging thinking



SLIDE 23

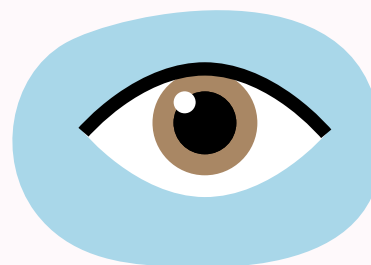
**BE  
ACTIVE**



**KEEP  
LEARNING**



**TAKE  
NOTICE**



**GIVE**



**CONNECT**

# Challenging thinking



SLIDE 24