**The Five Ways to Wellbeing**

**Year 1 Planning**

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| Objective | Activities | Resources |
| To be able to name the 5 Ways to Wellbeing.  To recognise how to Take Notice | Elicit the Five Ways to Wellbeing from children (drawing on work covered in Reception).  Share the 5WW Power Point with the children, challenging them to recognise which of the Five Ways each activity represents.  Introduce the 5WW song and learn it together. Can we add actions to help us to remember it?  Make a mind map as a class of all the activities we can do to link to the 5WW.  Finish by doing a relaxation exercise such as Rainbow breathing on Go Noodle or Cosmic Kids Yoga. Elicit the Take Notice was being practised. | 5WW PowerPoint  5WW song with The Music Works  Relaxation activity such as:  Rainbow breathing <https://app.gonoodle.com/activities/rainbow-breath?sp=search&sn=search&st=video%20versions&sid=265>  Cosmic kids yoga <https://www.youtube.com/user/CosmicKidsYoga> |
| To be able to name the 5 Ways to Wellbeing.  To be able to say how Being Active and Keeping Learning made them feel. | Recap the 5ww with the following clip <https://www.youtube.com/watch?v=yF7Ou43Vj6c>  List the 5WW as a class and sing the 5WW song.  Teacher to give an example of how they have been active this week, something new they have learnt, etc. Task the children (two minutes) to tell their talk partner about how they have practised each of the 5WW over the last week  Take the class to the hall or outside and play one, two or three of the games on the resource (or others if preferred).  At the end of the session, task the children to reflect on how they felt before, during and after the game. Did they enjoy playing the games?  Question the children: Which of the 5WW have you used today? How did they make you feel? Do you think learning something new made you feel good? How did being active make you feel? | <https://www.youtube.com/watch?v=yF7Ou43Vj6c>  5WW song  Lesson 2 Resource |
| To be able to name the 5 Ways to Wellbeing.  To learn a new way to stay Connected and to Give. | Play charades where children act out one of the 5 Ways to Wellbeing and the rest of the class guess which they have chosen.  Connect and Give will be the focus of the session. Reiterate that connecting with others, along with giving, can make us feel good as well as improving the wellbeing of the receiver.  Children can choose one of two activities:  1.Draw around themselves (with a partner) on a large piece of paper with arms outstretched. Cut it out and decorate it, then fold the arms to look like a hug.  2.Create a hug using card. Cut out a heart and two strips of A3 paper. Concertina the strips of paper and attach them to the heart, coming out like a hug (see resource for example).  Give the children opportunity to share their craft with the class, sharing who it is for and why they were chosen.  Share story ‘Sam’s Wet Play’. How does Sam feel? Why? Using what you have learnt about Connecting today, what advice can you give Sam? | Lesson 3 Resource  Large roll of paper  Coloured paper and card  Scissors  Pens  Coloured pencils |