**The Five Ways to Wellbeing**

**Year 2 Planning**

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| Lesson Objective | Activities | Resources |
| To be able to name the 5 Ways to Wellbeing  To encourage the children to consider how often they include the 5WW in their lives | Explain to the children that over the next few weeks they will be learning about the 5 Ways to Wellbeing. Elicit the 5WW from the children. Sing the song they learnt in Year 1 to help them to remember.  Once the children have recalled the 5WW, give them instructions for the task. In groups they will visit each table and record, on the large sheet, activities they currently do to practise the 5WW. Each group can have a couple of minutes at each table (carousel activity). By the third or fourth table, they will need time to read what has already been recorded and just add new ideas if they have any.  Feedback with whole class, sharing ideas recorded.  The children will then be tasked to record an activity for the 5WW, each day, over the coming week. Challenge them to see how many days they could include all 5 Ways!  (When sending the task home, it may be helpful to parents/carers if a covering letter is sent explaining the task and its purpose) | Lesson 1 Resource: Timetable of their week  Enlarged timetable to model examples for the children  Letter to parents |
| To reflect on how they can include the 5WW more frequently in their days  To understand how practising the 5WW can make them feel | Begin by giving the children the opportunity to share their timetables with each other and talk about their activities. Reflect on their experiences, focusing on how they felt when they had Connected, Been Active, etc.  Ask the children how they are feeling today? Share the Dr Seuss book My Many Coloured Days, or show the children different colours and discuss which feelings they might reflect. Task them to create a colour pattern to show their feelings.  Once competed, give the children the opportunity to talk to a friend about their pattern and their feelings.  Recap on 5WW with the song. | Lesson 2 Resource: Colour My Feelings  My Many Coloured Days by Dr Seuss |
| To have a clear understanding of what each of the 5WW are and the types of activities they involve  To think of ways they can encourage other pupils in school (and staff and families) to practise the 5WW in their daily lives | Warm up activity: teacher names one of the 5WW and the children have to mime it, e.g. Keep Active they might run on the spot, etc.  The children will then be tasked with designing a poster, to be displayed in school, to promote the 5WW. Maybe the ‘winner’ could go in the school newsletter… | Art resources to design a poster |