**Five Ways to Wellbeing Activity Record**

Take a look at the activities below and shade over any you have done in the last week either at home or at school. The blank boxes are to add your own activities.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 015c74b06779fe8d8496d585fb9865ea | 015c74b06779fe8d8496d585fb9865ea | 015c74b06779fe8d8496d585fb9865ea | 015c74b06779fe8d8496d585fb9865ea | 015c74b06779fe8d8496d585fb9865ea |
| **Sat quietly in a garden or outdoor space** | **Said hello and/or chatted to a neighbour** | **Walked to school** | **Asked for help and learnt something new** | **Helped with jobs around the home** |
| **Found out about a local issue** | **Phoned/Facetimed a family member** | **Danced** | **Tried a new activity** | **Thanked someone** |
| **Closed my eyes and breathed or practised mindfulness** | **Played a game with a family member or friend** | **Went for a walk** | **Read a book/magazine/**  **newspaper** | **Supported a friend, eg made them feel happier if upset** |
| **Listened to my favourite song** |  | **Played a sport** | **Learnt a new word(s)** | **Helped someone out** |
| **Asked about someone’s day and listened** |  |  |  | **Said something kind to someone/paid them a compliment** |
|  |  |  |  |  |
|  |  |  |  |  |

Add up how many shaded boxes you have in each column.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Score |  |  |  |  |  |

Are there any areas that have none or only one or two activities?

Pick out something from the list or add something you would like to do that isn’t noted