

5 WAYS TO WELLBEING - Here are some ideas about how the 5 ways to wellbeing can be implemented in your setting.



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

How is being active for wellbeing valued and practised?



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**

How is connectedness encouraged between people and environments?



**Your time,
your words,
your presence**

How do we cultivate generosity, kindness and gratitude?



**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**

How are curiosity, interest and life-long learning inspired?



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

How is present moment awareness cultivated?

Wellbeing = feeling good + functioning well

The way we think and the things we do have the greatest impact on wellbeing

IN THE CLASSROOM

- Create a green space indoors.
- Start the day with karakia or a simple mindful practice.
- Finish the day by journaling the things you are grateful for.
- Which class can reduce, reuse, recycle and be your Zero Heroes this term?
- Who are the people in your community with interesting things to share. Choose a social or environmental focus/cause each term eg clean water, waste disposal, weather patterns and integrate across students learning.
- Notice and reward helpfulness, kindness and generosity.
- Include regular opportunities for art making, music and dance.
- Plan activities that celebrate the range of cultures reflected in your students whakapapa.
- Highlight holistic connections between our physical, mental social and environmental needs.



ON THE GROUNDS

- Plan and plant a classroom garden. Create an outside quiet space – perhaps include a reflection pond.
- Take classroom work outside on a warm day – don't forget sunscreen!
- Explore a small section of grounds and see what you can find.
- Hold an Amazing Nature Race that includes nature clues and activities.
- Go on silent mindful walks with a different focus each day, eg, sounds, colours, smells, pattern.
- Use natural or waste materials to make art or musical instruments.
- Keep a weather diary and have weather reports from students daily.
- Learn about how and why Māori used the night sky and phases of the moon.
- Learn about rongoā Māori traditional healing.
- Learn about how the natural environment can sustain you. Visit Environment Canterbury youth engagement and education information at www.ecan.govt.nz for more ideas.



WITH WHĀNAU AND COMMUNITY

- Edible foods growing competition.
- Class trip to the observatory, a farm visit, bush or beach ramble.
- Community Pets and Produce day.
- Picnic with whānau and invited guests.
- Homework activities that connect students and their whānau with their community, eg, family alphabet walk, mapping my street.
- "Noticing Nature" photo and caption competition for students and hold an exhibition inviting whānau.
- Plant more trees in your community.



FOR MORE IDEAS VISIT :

Mental Health Foundation www.mentalhealth.org.nz and All Right: www.allright.org.nz