

5 Ways to Wellbeing Award



Guidance for schools

What are the 5 Ways to Wellbeing?

In 2008 the New Economics Foundation developed a set of evidence based actions that improve wellbeing. These 5 actions are; Be active, Connect, Give, Keep learning and Take notice¹.



Be active any way you want. Walk, run, cycle, play or dance but most of all just get moving. Being active makes you feel good so find one you enjoy.



Connect with the people around you at home, school or in your community. Spending time with friends and family makes you feel good.



Doing something nice for someone else makes us feel good. Simple things like giving a smile or a thank you can make someone's day.



Keep learning and try something new. Learn to play an instrument or cook your favourite food. Learning new things will boost your confidence and is fun to do



Take notice of the world around you as well as your thoughts and feelings. Some people call this awareness mindfulness

¹ Aked et al, (2008). Five ways to wellbeing, New Economics Foundation, The 2008 Mental Capital and Wellbeing project.

These activities are simple things people can do in their everyday lives to help them be happier, healthier and more able to cope especially when things aren't going great.

The children's society, in 2014, undertook research to see if the framework was relevant to children and young people². Strong evidence was found for 4 of the 5 ways; Connect, Keep learning, Be active and Take notice however evidence for Give was mixed, although children did recognise how doing something for someone else can give you a boost. There is a strong link between the types of activities children and young people take part in everyday and their subjective wellbeing² therefore building the 5 ways to wellbeing into children and young people's day to day lives is a simple way to boost their wellbeing.

How to get involved?

The Health Improvement Team have developed a local 5 ways to wellbeing award which your school can work towards achieving. Sign up to the award to receive tailored support and access to resources. To achieve the 5 ways to wellbeing award schools will need to:

1. Ensure 5 ways to wellbeing activities are imbedded in your school so children and young people have opportunity to take part in activities which help them to feel good and cope better
2. Embed the promotion of the 5 ways to wellbeing message to children and young people so they understand what the 5 ways to wellbeing is and what types of activities they can do to help them to feel good and cope better.
3. Encourage children and young people to take part in 5 ways to wellbeing activities
4. Promote the 5 ways to wellbeing message to parents so they are aware how important these type of activities are to boost their child's mental wellbeing

Support the Health Improvement Team can offer

We can provide support and guidance with the following:

- How to embed 5 ways to wellbeing activities into every day school life. Most schools will already be providing a range of activities which fall under some if not all of the 5 ways to wellbeing categories. The category which you may need some support with is take notice. We can provide guidance on how to imbed take notice throughout

² Abdallah et al, (December, 2014). Ways to wellbeing: exploring the links between children's activities and their subjective wellbeing. The Children's Society.

your school helping children and young people to pay attention to the present calming their mind in the process.

- Embedding the promotion of the 5 ways to wellbeing message to both students and parents
- Resources, such as assembly presentations, to help promote the 5 ways to wellbeing message including the use of the 5 ways to wellbeing logos.
- Training to staff on the 5 ways to wellbeing and Basic mental health awareness
- If you would like to measure the wellbeing of your student's prior to implementing the 5 ways to wellbeing standards and post we can provide guidance on how to do this.

What is expected from you?

If you sign up to the 5 ways to wellbeing award you will be required to provide the following information to demonstrate how you meet the standard.

1. Describe how you have embedded each of the 5 ways to wellbeing activities throughout your school
2. Describe how you promote the 5 ways to wellbeing message to pupils and explain how this is embedded into your school so the messages continue to be promoted
3. Describe what you have implemented to encourage pupils to take part in 5 ways to wellbeing activities
4. Describe how you promote the 5 ways to wellbeing message to parents and explain how this is embedded into your school so the messages continue to be promoted

You will also be required to feedback to the Health Improvement Team the following information:

Number of children and young people who are now aware of the 5 ways to wellbeing
Number of children and young people who have tried a new 5 ways to wellbeing activity
Snap shot of voice of the child and young person. What activities they have tried for each of the 5 ways to wellbeing and what have they enjoyed and learnt

Once you have this in place you have achieved the 5 ways to wellbeing Award!