



CONNECT



**BE
ACTIVE**



**TAKE
NOTICE**



LEARN



GIVE

The 5 Ways to
Wellbeing: Activity
Book and Journal

This Activity Book and Journal was developed by Plan International UK to accompany the delivery of the Young Health Programme in the UK (YHP UK), AstraZeneca's community investment initiative designed to support young people in the UK to realise their right to good mental health and well-being.

Contents

The 5 Ways to Wellbeing	5
Ways to Wellbeing: Connect	6
Suggestions to Help You to Connect	7
Ideas to Connect	8
Share a Smile	9
Ask Friends or Family	10
Friendship Skills	11
My Wellbeing Reflections: Ways to Wellbeing – Connect	12
Ways to Wellbeing: Be Active	13
Suggestions to Help You to Be Active	14
Ideas to Be Active	15
Steps to Being Active	16
The Active Challenge!	17
Let's Move!	18
My Wellbeing Reflections: Ways to Wellbeing – Be Active	19
Ways to Wellbeing: Take Notice	20
Suggestions to Help You to Take Notice	21
Mindful Colouring	22
Noticing the Rainbows – Gratitude	23
Slowing Down, Taking Notice	24
Let's Eat!	25
My Wellbeing Reflections: Ways to Wellbeing – Take Notice	26

Ways to Wellbeing: Learn	27
Suggestions to Help You to Learn	28
My Learning Challenge	29
I've Always Wanted to Know...	30
Thoughts That Motivate	31
I Didn't Know That!	32
My Wellbeing Reflections: Ways to Wellbeing – Learn	33
Ways to Wellbeing: Give	34
Suggestions to Help You to Give	35
Giving to Ourselves	36
Shine Your Light	37
Acts of Kindness Challenge	38
Giving Compliments	39
My Wellbeing Reflections: Ways to Wellbeing – Give	40
Ways to Wellbeing Journaling	41
Ways to Wellbeing Goals	42
My Wellbeing Scale	43
My 5 Ways to Wellbeing Weekly Diary	46
The Wellbeing Award	47
My Wellbeing Reflections	48
Where to Go for Help and Support	62

The 5 Ways to Wellbeing

We all have mental health and looking after our mental health is just as important as looking after our physical health.

It's easy to overlook our mental health. The 5 Ways to Wellbeing are simple and easy to remember ways we can all improve our emotional health and wellbeing.

These simple actions, if taken regularly, can improve wellbeing and enhance our quality of life.

The Five Ways to Wellbeing are:



The Five Ways to Wellbeing can help you to:

- ✔ Deal with stressful situations and learn how to cope when things get tough
- ✔ Be physically healthy
- ✔ Find ways to manage difficult thoughts and feelings
- ✔ Improve your confidence and self-esteem
- ✔ Increase your self-worth by recognising what you are good at
- ✔ Make a difference in your community and to the lives of others

In this journal you will find activities based on each of the 5 Ways to Wellbeing. They're easy to do and don't have to cost a penny!

If you are struggling with your wellbeing, find yourself feeling anxious, stressed, or overwhelmed there is support out there for you. Turn to page 62 for organisations to reach out to for advice and support



Ways to Wellbeing: **Connect**

Connect with people around you, family, friends, at home, at school or in the community.

Building strong, positive relationships with others is important for our wellbeing. Having people to talk to, friends to have fun and laugh with, people to turn to when we're upset and feeling part of a community all helps to makes us feel good and stay mentally healthy.

CONNECT

Here are some suggestions to help you to **connect**:

Keep in touch with family or friends you don't see very often by sending a message, writing a letter or calling them on the phone

Organise a games night and play games together as a family or with friends

Share old photos or memories with your family or friends

Organise a reunion with your primary school friends

Join in a new activity at school or in the community

Eat a meal with your family

Help a friend or neighbour

Say hello or smile at shop assistants when you're buying something

Bake a cake for someone

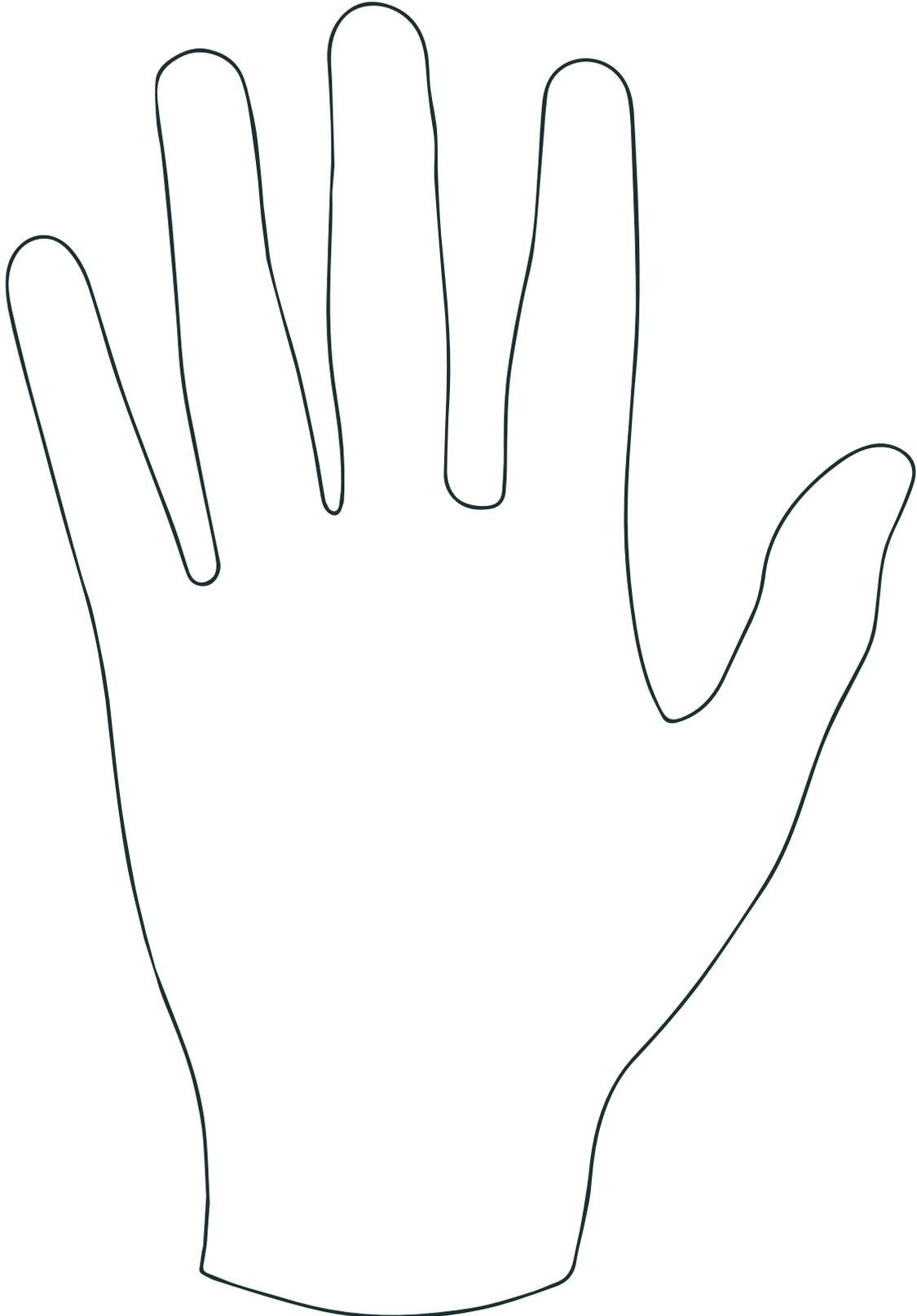
Include someone new into your friendship group, or go and sit with someone who is on their own at school

What activities might you like to try? You can tick the ones above when you have completed them or write down any other ideas on the next page.



Ideas to Connect

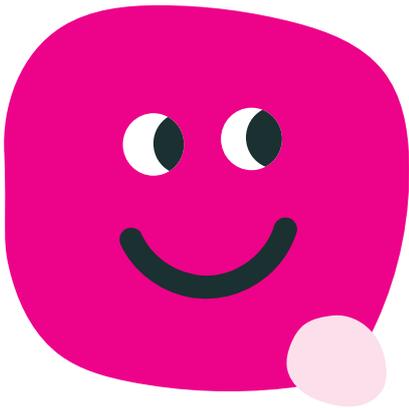
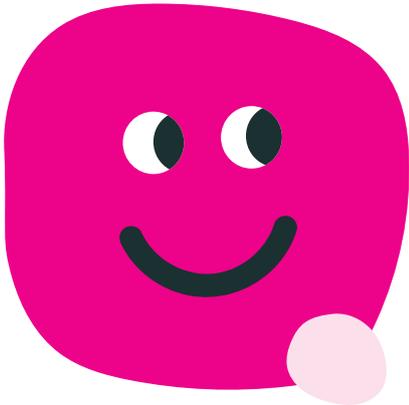
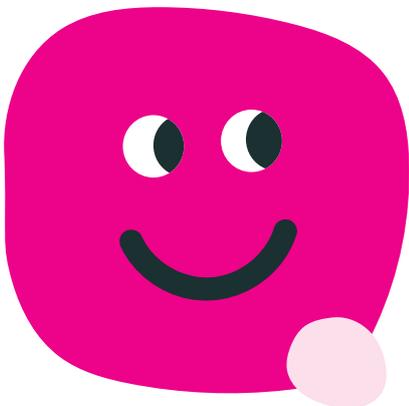
There are lots of ways that you can connect with others. Write one idea in each of the fingers on the hand below.



CONNECT

Share a Smile

Find three people today to smile and say hello to – shopkeepers, bus drivers, a teacher or youth worker, or another young person you know. Put a tick next to each emoji when you have done this. You can also write down their names next to the emoji below.

**NAME**
.....**NAME**
.....**NAME**
.....

How did it feel to do this challenge?



Ask Friends or Family

Ask a friend about their weekend and pay attention and listen to what they tell you, or ask a family member what it was like when they were a young person.

In the space below, write, draw or scrapbook about what you heard!



A large, empty rectangular area with a thin pink border, intended for writing, drawing, or scrapbooking.

A pink diamond-shaped logo with the word "CONNECT" in white capital letters and a white border.

Friendship Skills

Sometimes friendships come easily, and at other times we can find it harder to connect with others. In the hearts below you will see some examples of friendship skills. Think of a colour for each friendship skill and fill in the heart. What other friendship skills do you think are important? Write one in a heart and then give that heart a colour.

A large pink outline of a heart.

LISTENING

A large pink outline of a heart.

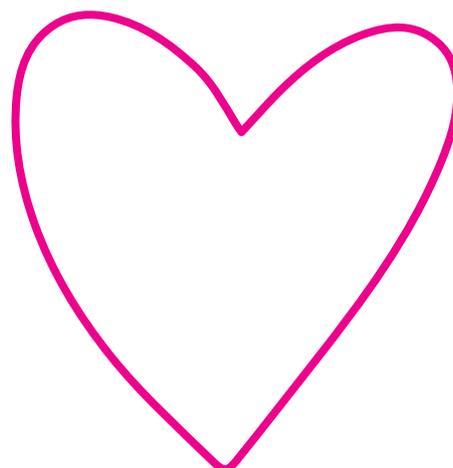
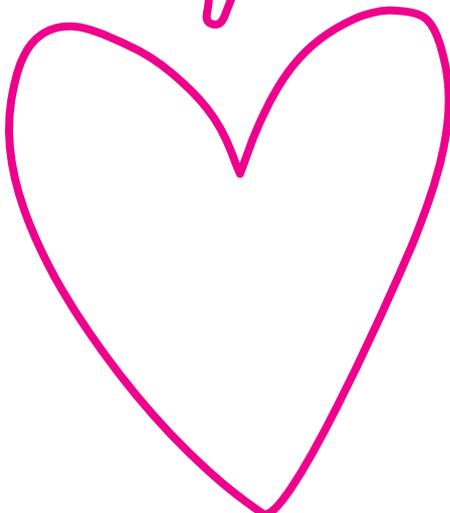
BEING HELPFUL

A large pink outline of a heart.

**ENCOURAGING
OTHERS**

A large pink outline of a heart.

CARING





My Wellbeing Reflections: Ways to Wellbeing – Connect

Use this space to write, draw or scrapbook about your experiences of taking part in the Way to Wellbeing: Connect.



A large, empty rectangular area outlined in pink, intended for writing or drawing reflections.



Ways to Wellbeing: **Be Active**

Moving makes us feel good.

Go for a walk or run. Step outside. Cycle. Play a game. Dance. Evidence suggests that physical exercise releases 'happy hormones' which in turn can make us feel good. Even small amounts of exercise can boost our mood.

There are lots of ways to be active, with friends for fun, on your own, or in a sports team. It doesn't need to be intense physical activity. It's good to try lots of different activities to find ones that you enjoy. Being active is about having fun.

**BE
ACTIVE**

Here are some suggestions to help you to **be active**:

Walk to school
instead of getting
the bus

Go to the park
and climb on the
climbing frame
- it's not just for
kids!

Dance to your
favourite
song

Walk a dog

Hoola
hoop

Help in the
garden

Run a race
with friends

Create
football
challenges

Play hide
and seek

Join a sports
team

Complete jobs
around the
house

Make up
your own
sport

Go for a bike
ride

Tip!

If the thought of trying a new exercise or sport fills you with fear, why not try following along with a video at home - you can even do it with a friend. There are millions of different types of videos for all sorts of ways to be active on YouTube. When you feel more confident you can try a class in real life.

What activities might you like to try? You can tick the ones above or write down any other ideas on the next page.

**BE
ACTIVE**

Ideas to Be Active

What other ideas can you think of to help you to be active? Write or doodle some ideas in the space below. Remember, being active doesn't just mean taking part in a sport. You can be active on your own, by playing a game, or just taking a walk.





Steps to Being Active

Sometimes the thought of being active is scary and can put us off even trying, but there are lots of small steps we can take which over time build up to us being healthy, active and enjoying moving our body. Can you think of some small steps you can take towards being active? Write them in the footsteps below.

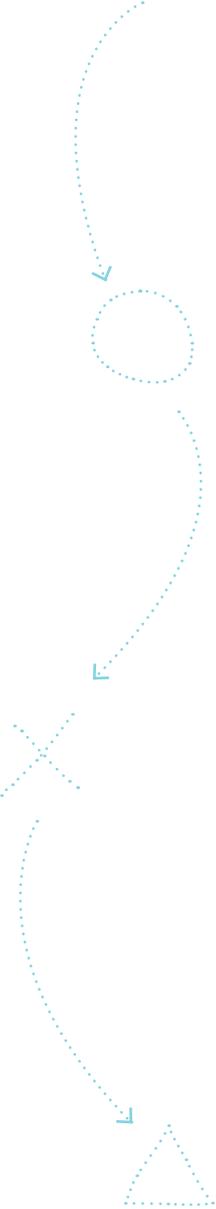




**BE
ACTIVE**

The Active Challenge!

Being active doesn't have to be organised, structured or serious, there are lots of ways to be active which can be fun. Try the Active Challenge on your own or with friends. You can write down the number of times you managed to do each activity in the boxes.



Hop around the room on one leg without stopping

Hit a balloon in the air without letting it touch the floor or furniture

Get into a plank position and try to hold it for 30 seconds!

Stand on one leg for 20 seconds

Balance a coin on your nose for as long as possible

Do twenty jumping jacks on the spot

Add your own!

.....

.....

Add your own!

.....

.....

**BE
ACTIVE**

Let's Move!

A simple way to be active is to play your favourite song and dance to it.

What song would you dance to?

Use this space to write, draw, doodle or scrapbook your dance moves to your favourite track!



A large, empty rectangular area with a light blue border, intended for writing, drawing, or scrapbooking dance moves to a favourite track.



My Wellbeing Reflections: Ways to Wellbeing – Be Active

Use this space to write, draw or scrapbook about your experiences of taking part in the Way to Wellbeing: Be Active.



A large, empty rectangular area outlined in a light blue line, intended for writing or drawing reflections.



Ways to Wellbeing: **Take Notice**

Be aware of the world around you and how you are feeling.

Sometimes we are so busy thinking, doing and rushing around that we don't stop to take notice of the world around us or what's good about life right now. Slowing down, noticing and paying attention to the present moment helps us to focus on what is happening right now, instead of being caught up thinking about the past or worrying about the future.

By being in the moment you can notice what you are thinking and be aware of what's going on in the world around you. Reflecting on your thoughts and feelings may help you to identify why you may be feeling a certain way.

TAKE NOTICE

Here are some suggestions to help you to **take notice**:

Spend time looking at what you can see out of your window and how it changes

Paint or draw a picture of what you've seen today

Tip!

The best way to take notice is to start by spending more time in nature. It's proven to help to relax and calm our bodies and minds.

Listen to the sounds of nature like the wind and rain

Really savour every mouthful of your lunch

Try yoga to connect body and mind

Watch animals and birds outside

Practice mindfulness or a mindful activity like colouring

Meditate

Start noting down one thing that you are grateful for every day before you go to sleep

Spend time in nature and notice the trees and flowers

TAKE
NOTICE

Mindful Colouring

Colouring can be a very relaxing way to slow down the thinking mind and focus on the present moment. Take some time out to colour the pattern below and focus on the act of colouring.



**TAKE
NOTICE**

Noticing the Rainbows – Gratitude

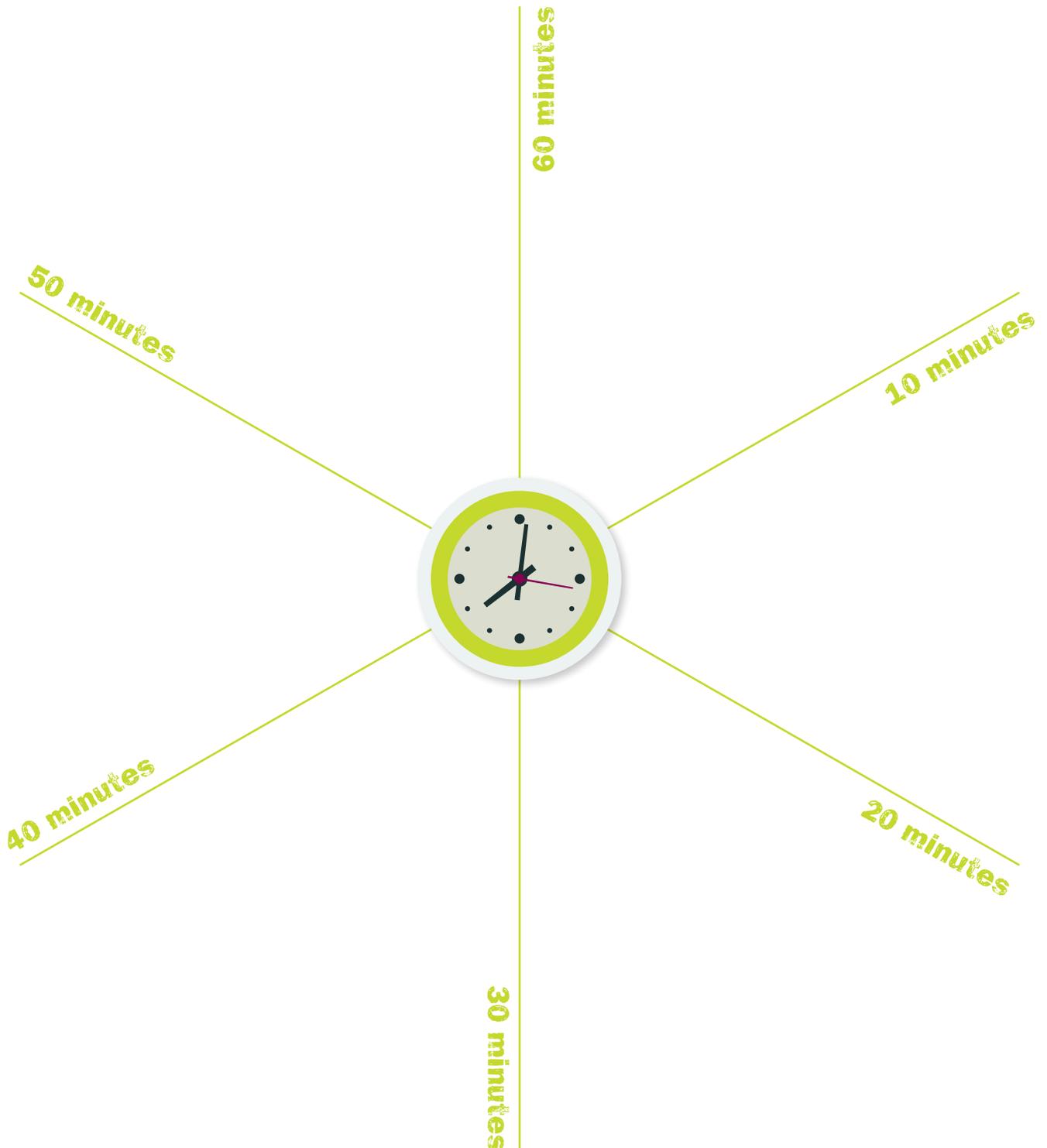
Focusing on what's going well in life can help us to feel more positive. Colour the rainbow and add some things you can be grateful for on each of the rays of the rainbow – there is always something to be thankful for!





Slowing Down, Taking Notice

Sometimes life is so busy the hours and days pass us by, almost without us realising. It's good to slow down every now and then to stop and take notice of the world around you. For one hour, stop every ten minutes for just ten seconds and notice what's going on around you. You can write down or draw what you saw or noticed in the space around the clock below.



**TAKE
NOTICE**

Let's Eat!

Mindful eating can help us to focus on the present – noticing thoughts, feelings and physical sensations. Next time you're about to have a snack, try this mindful eating exercise and record what you notice below.

LOOK

What colour is your food?
What shapes do you see?

.....

.....

TOUCH

When you hold it, what does it feel like? Is it soft or hard? Is it smooth, bumpy or rough?

.....

.....

LISTEN

Does your food make a sound?

.....

.....

SMELL

How would you describe the smell of your food?

.....

.....

TASTE

Put the food in your mouth. Before you chew, what is the first thing you taste? Notice how it feels in your mouth. As you start to chew, does the flavour change? How many different flavours are there?

.....

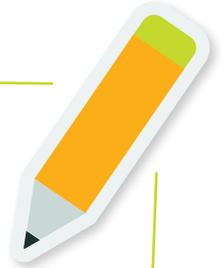
.....





My Wellbeing Reflections: Ways to Wellbeing – Take Notice

Use this space to write, draw or scrapbook about your experiences of taking part in the Way to Wellbeing: Take Notice.



A large, empty rectangular area outlined in green, intended for writing, drawing, or scrapbooking reflections.



Ways to Wellbeing: **Learn**

Learn something new.

Learning can involve many things and not just what you have to do in school or college. Learning can be social, you may make new friends as well as new skills. Learning something new helps us to feel good about ourselves, building our confidence and self-esteem.

There are many exciting learning opportunities and different ways to learn which helps us to explore the world around us, find things we enjoy doing and develop new skills, hobbies and interests.

LEARN

Here are some suggestions to help you to **learn**:

Learn a new word
each day

Try out a
musical
instrument

Do a word
search or
puzzle

Learn about
a new animal
or bug

Learn 5
new jokes
and share
them

Learn a
language

Learn a new
fact each
day

Learn
to cook
something
new

Learn
something
new about
your friends
and family

Go to a new
place

Go to a
museum

Learn a
new dance
routine

LEARN

My Learning Challenge

Why not set yourself a learning challenge and find five new things that you're going to learn this month? They can be small things, such as learning a new card trick or game, or bigger things, like starting to learn a new language or a musical instrument. You can even add things that you've started learning but want to keep improving on.

1

2

3

4

5

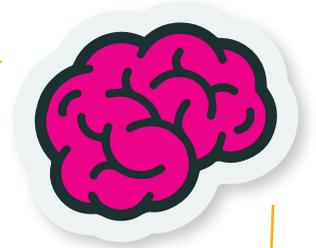
LEARN

I've Always Wanted to Know...

Find out more about something you're interested in. For example, this could be your favourite animal, a place you've always wanted to go visit or your favourite singer.

You could talk to others, use magazines, listen to a podcast, use the internet or find other ways to learn about what you are interested in.

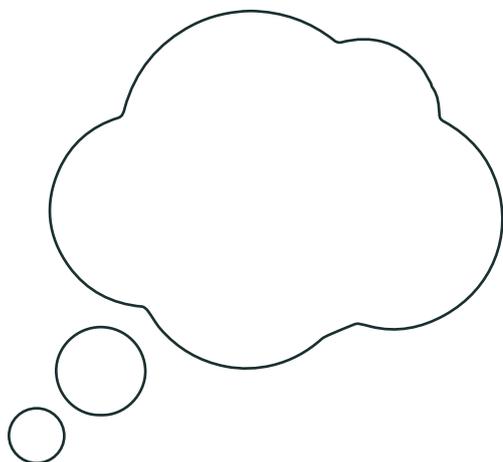
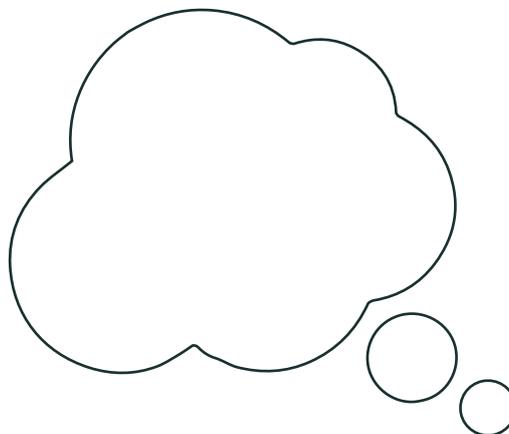
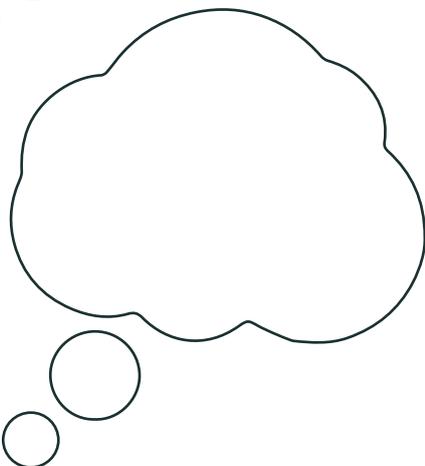
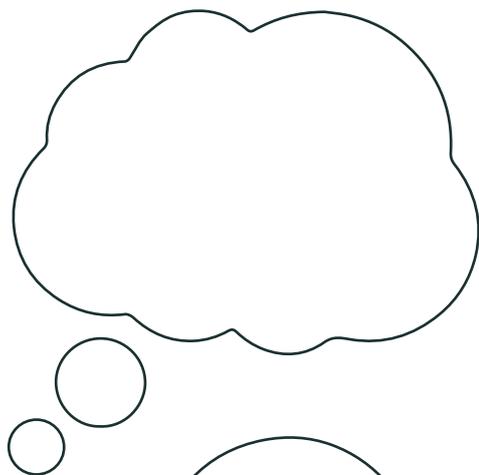
Use this space to draw, doodle, scrapbook or write what you discovered.



LEARN

Thoughts That Motivate

A big part of learning something new starts with our thoughts. Sometimes we can stop ourselves in our tracks by telling ourselves we can't do it, we're no good, we're going to fail. These are just thoughts that can be changed. Write in the bubbles below some examples of positive thoughts that will motivate you to keep learning.



LEARN

I Didn't Know That!

Use this activity to discover new things about your besties or family members! Find out something you didn't know about them and learn some facts about what your friends and family are interested in.

What questions might you ask your friends or family?

Use this space to draw, doodle, scrapbook or write what you discovered!



LEARN

My Wellbeing Reflections: Ways to Wellbeing – Learn

Use this space to write, draw or scrapbook about your experiences of taking part in the Way to Wellbeing: Learn.



A large, empty rectangular area outlined in orange, intended for writing, drawing, or scrapbooking reflections.



Ways to Wellbeing: Give

Do something nice for a friend. Thank someone. Smile. Be a good role model.

Any acts of kindness, whether small or large, can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to your community can be rewarding and create connections with the people around you.

There are many different ways to give, from small and random acts of kindness such as a smile to a stranger or offering someone help to cross a road, to larger acts such as volunteering our time, getting involved with a cause, becoming a mentor or starting a campaign to change something.

While giving to others is fun and makes us feel good, it's also important to give to ourselves too. Taking time for ourselves and giving ourselves love and appreciation is really important.



Here are some suggestions to help you to **give**:

Help out at home

Do something for a friend or family member

Give yourself time to relax

Check in with a friend

Give someone a hug

Thank someone

Smile

Volunteer your time

Raise money for charity

Be a good role model

Take action to improve your neighbourhood

Make a homemade present or card

Listen to someone else and how they are feeling

Hold a door open for someone

Have a lovely bath or shower

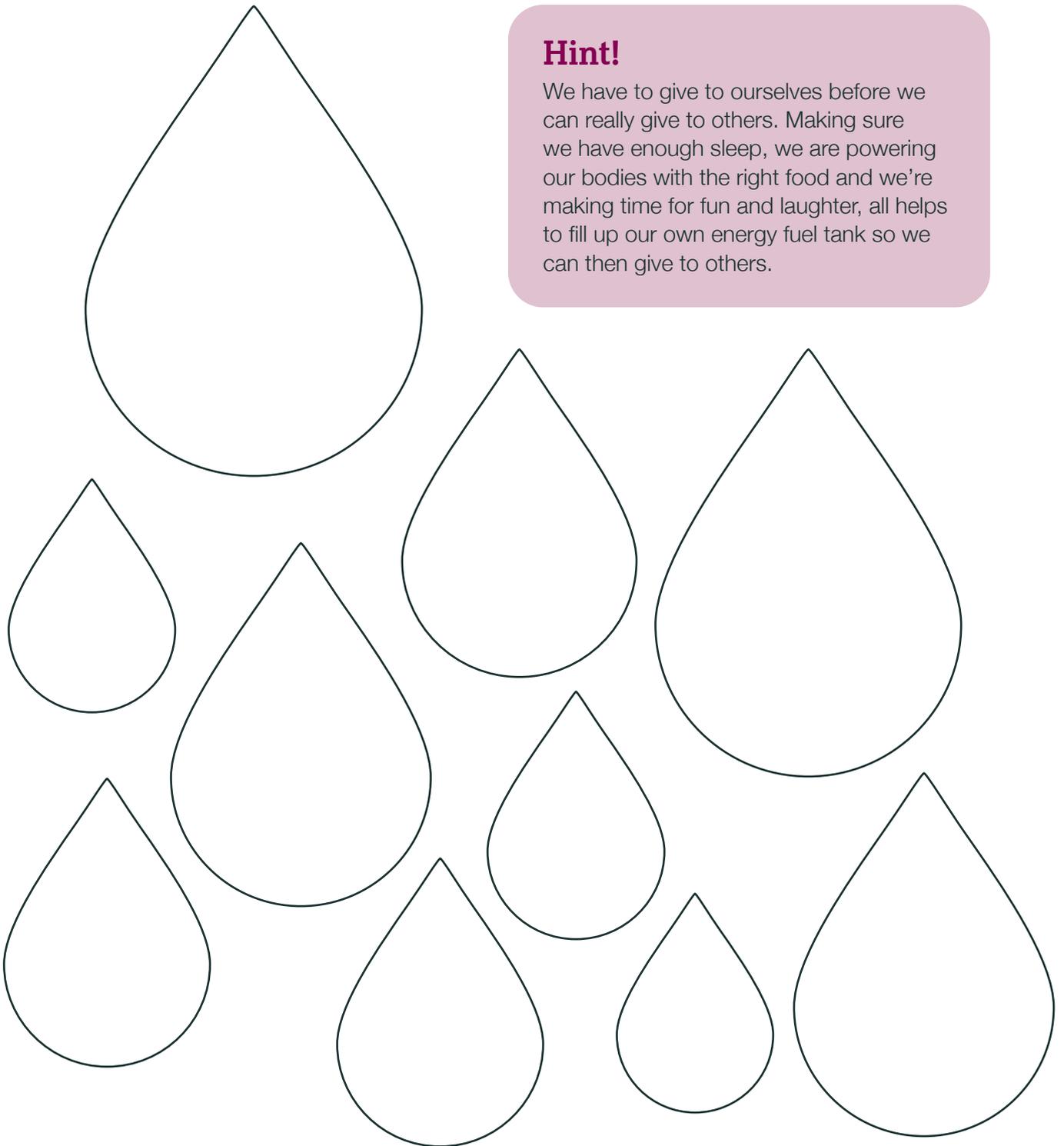


Giving to Ourselves

A garden won't grow unless it's tended to. When we water plants and flowers they flourish and bloom. Just like a garden, our minds and bodies need to be cared for, too. What helps you to flourish and grow? Write down some ideas in the drops of water for all the things you need to give to yourself to help you to feel good, stay healthy and thrive.

Hint!

We have to give to ourselves before we can really give to others. Making sure we have enough sleep, we are powering our bodies with the right food and we're making time for fun and laughter, all helps to fill up our own energy fuel tank so we can then give to others.





Shine Your Light

We all have unique gifts, talents and skills to share with the world. When we give our time and share our skills we feel good about ourselves, and we help others. What are your unique gifts, talents and skills? Write, draw or scrapbook your ideas in the space below.



A large, empty rectangular box with a thin purple border, intended for writing or drawing ideas.



Acts of Kindness Challenge

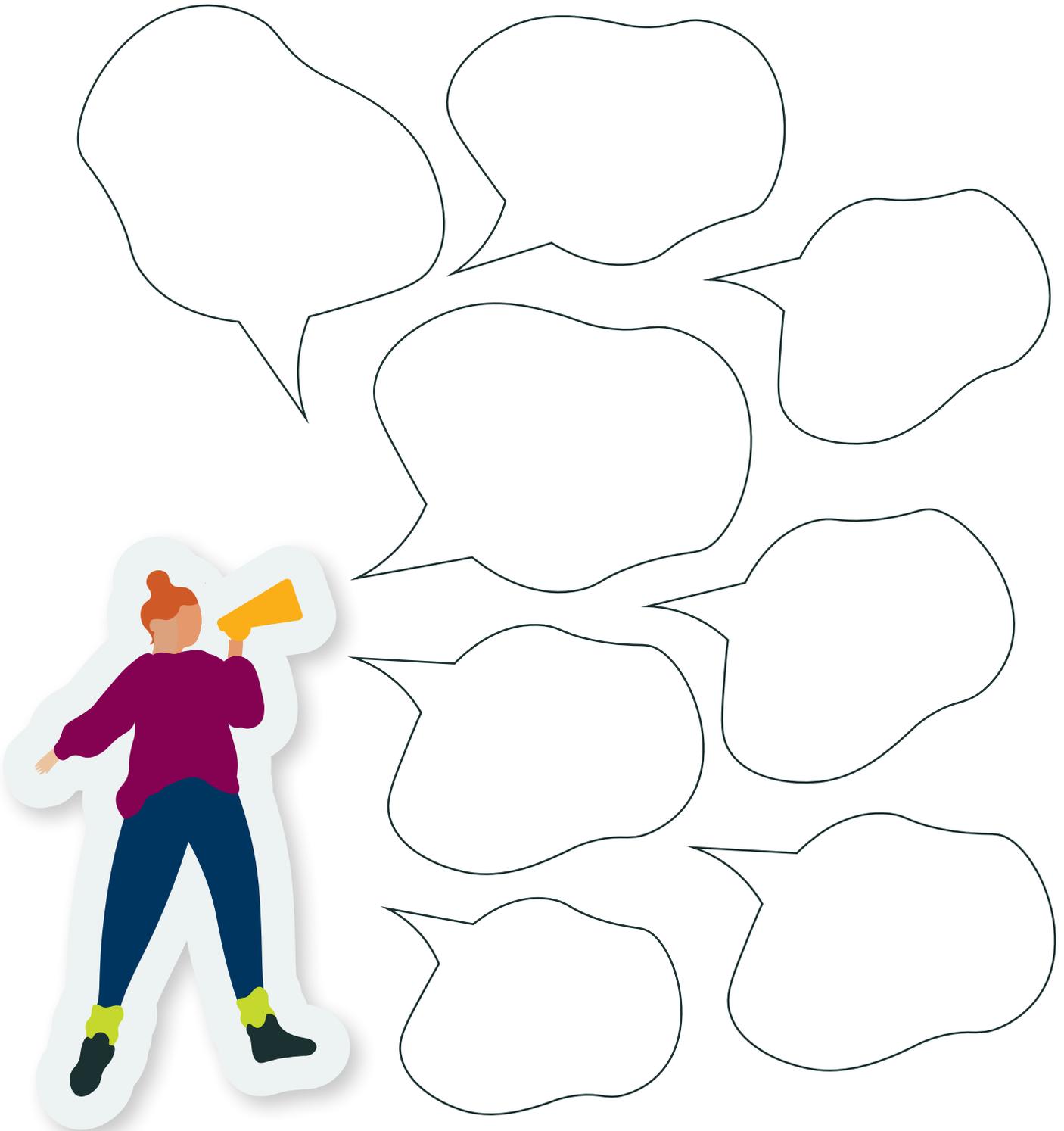
Why not spread a little kindness in the world? There are lots of small ways that you can give to others that don't cost a thing. Colour in the picture below. In the empty flowers write down acts of kindness you can do to help others, from sharing a smile to holding a door open for someone.





Giving Compliments

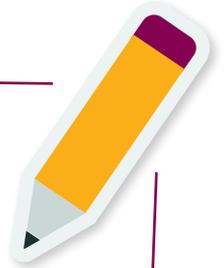
Giving and receiving compliments makes us (and others!) feel great. It's easy, quick and free. What are some examples of compliments you could give to friends or family, or even yourself?





My Wellbeing Reflections: Ways to Wellbeing – Give

Use this space to write, draw or scrapbook about your experiences of taking part in the Way to Wellbeing: Give.



A large, empty rectangular box with a thin purple border, intended for writing or drawing reflections.



Ways to Wellbeing Journaling

Ways to Wellbeing Goals

Goal setting is a great way to identify some changes you want to make and to keep you on-track. Now you have explored the Ways to Wellbeing, why not set a goal for each one? You can come back to this page after and reflect on what you achieved.

GOAL 1



A goal I am setting to help me to connect better with others (such as friends, family or my community) is:

.....

GOAL 2



A goal I am setting to help me to be more active and move my body is:

.....

GOAL 3



A goal I am setting to help me to take more notice of the world around me, slow down and be 'in the moment' is:

.....

GOAL 4



A goal I am setting to help me to learn a new skill or share my skills with others is:

.....

GOAL 5



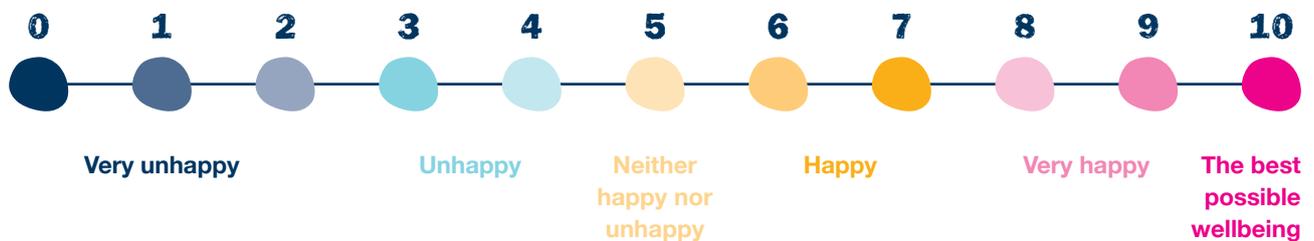
A goal I am setting to help me to give to myself and to others is:

.....

My Wellbeing Scale

Keeping track of our wellbeing helps us to celebrate when things are going well and do more of what works, as well as recognising when we need extra help and support.

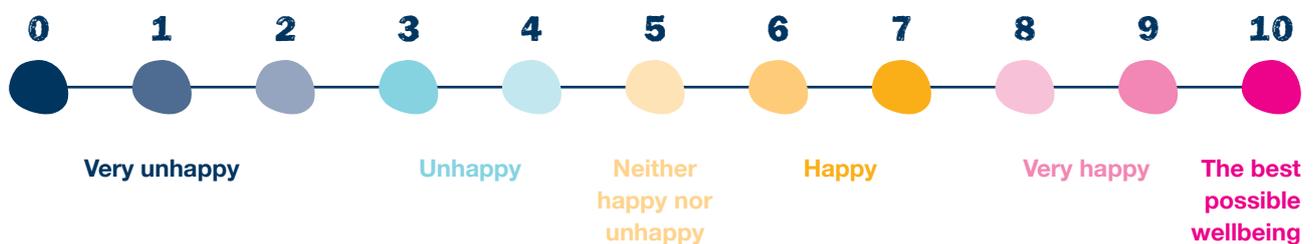
Use the Wellbeing Scale each day or week to score yourself from 0-10, with 0 meaning you feel very unhappy, and 10 meaning you are feeling the best you can be. Make a note underneath about why you feel the way you do, so you can begin to recognise what might be causing you to have lower days and higher days. That way, we can do more of what works and avoid the things that bring us down. It's important to seek help if you keep scoring on the lower end of the scale. There are a list of organisations who can provide support on page 62.



I feel this way because:

.....

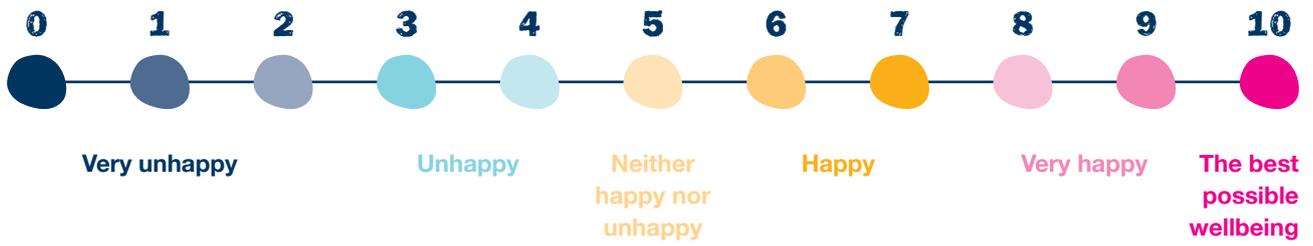
.....



I feel this way because:

.....

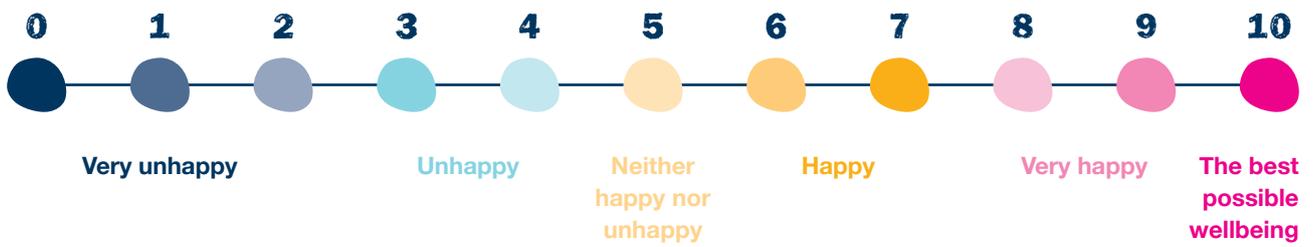
.....



I feel this way because:

.....

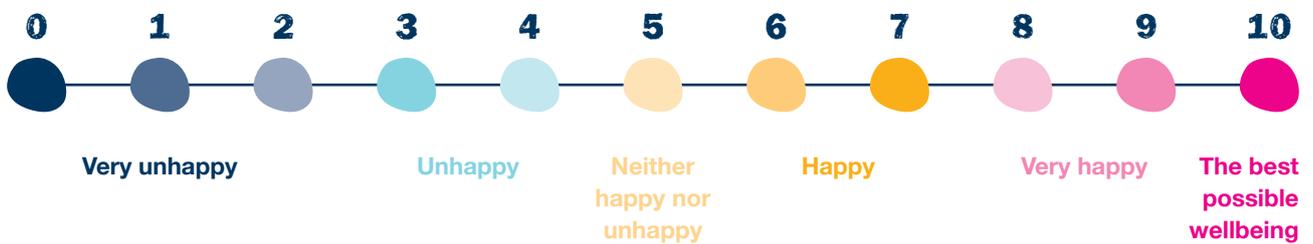
.....



I feel this way because:

.....

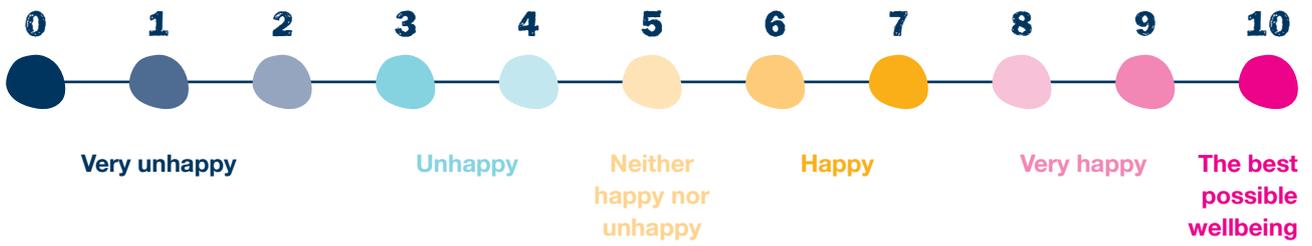
.....



I feel this way because:

.....

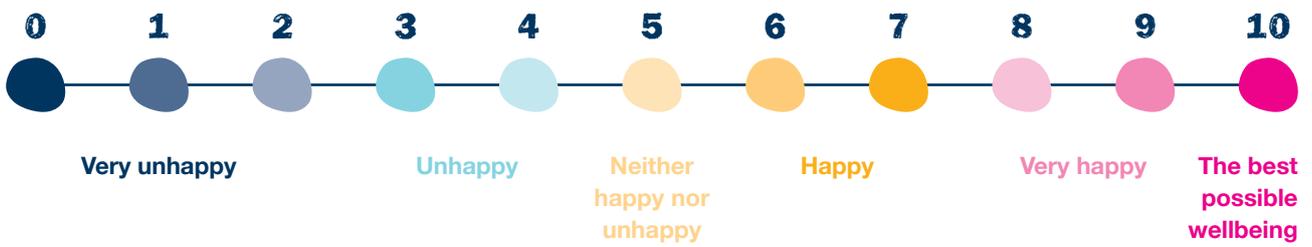
.....



I feel this way because:

.....

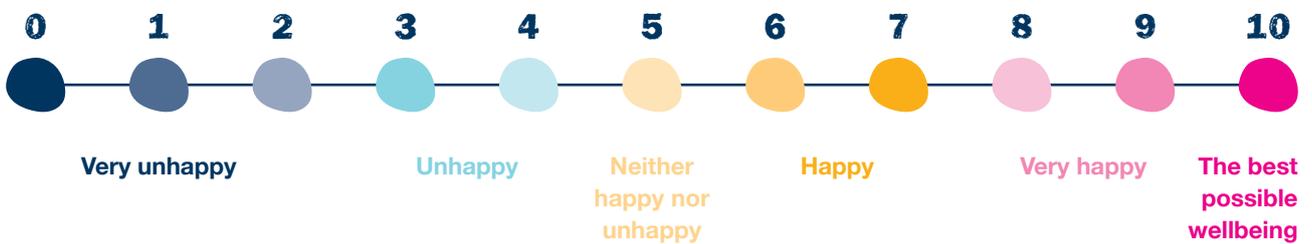
.....



I feel this way because:

.....

.....



I feel this way because:

.....

.....

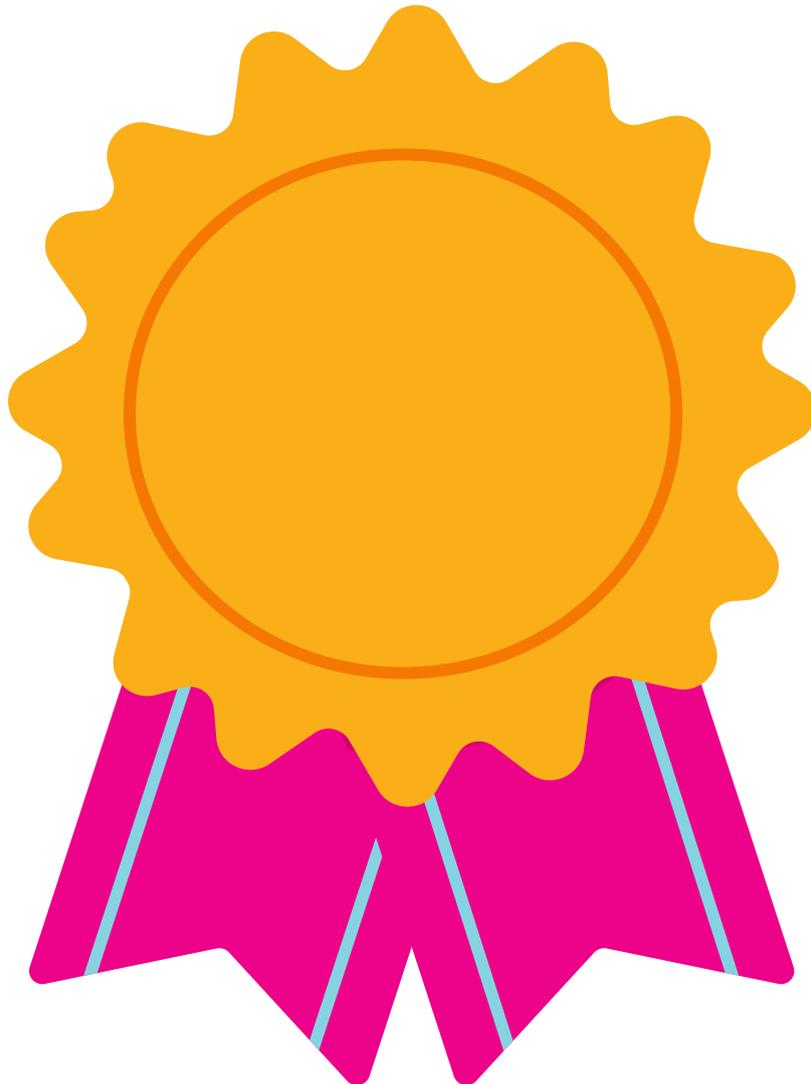
My 5 Ways to Wellbeing Weekly Diary

Tick the box to show which Ways to Wellbeing you have completed each day, and add an emoji to describe your experience.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CONNECT	 <input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
 BE ACTIVE	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
 TAKE NOTICE	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
 LEARN	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
 GIVE	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

The Wellbeing Award

I have tried my best to regularly take actions and try activities from each of the five Ways to Wellbeing to look after my mental health and wellbeing.



NAME

.....

DATE

.....

My Wellbeing Reflections

Use this space to write, scrapbook, doodle or draw about your thoughts and feelings, your experiences of completing Ways to Wellbeing activities, and your progress towards your goals.

Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Date

.....



Where to Go for Help and Support

It's important to talk to someone if you're feeling worried, anxious or upset. You can talk to a friend, family member or another trusted adult like a youth worker or teacher, or there are lots of organisations that can help, too. Here's a list of websites, phone lines and chat lines if you need information or support.

Childline

Childline helps anyone under the age of 19 in the UK with any issue they're going through. Young people can talk about anything. Whether it's something big or small, trained counsellors are available to offer support. www.childline.org.uk or call **0800 1111**.

Young Minds

Advice, guidance and support from the UK's leading charity fighting for children and young people's mental health. www.youngminds.org.uk

Kooth

Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop. www.kooth.com

Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Samaritans Welsh Language Line on **0808 164 0123** (7pm–11pm every day). www.samaritans.org

Shout

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope, in partnership with Young Minds. You can text any time, day or night. The messages are confidential and anonymous. It is free to text Shout **85258** from all major mobile networks in the UK.

Plan International UK

Finsgate,
5-7 Cranwood Street,
London,
EC1V 9LH

www.plan-uk.org

@PlanUK

T: 0300 777 9777

© Plan International UK. No part of this publication can be reproduced without the permission of Plan International UK.
Registered charity no: 276035

AstraZeneca 
Young Health Programme
Better health choices, brighter life chances

