

# My Happy Diary

## Age Range:

7-11, Years 3-6,  
KS2

## Topics Covered:

Mental Wellbeing

## Time:

30 minutes

## Equipment needed:

Copies of the worksheet

## Learning Outcomes:

- Children have an increased understanding of the importance of good emotional health and mental wellbeing.
- Children have an increased ability to identify a range of effective strategies for looking after their own mental wellbeing.
- Children have increased knowledge of relevant and appropriate services that can support children on mental wellbeing.

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles

**An exercise to explore how you can plan your week to maintain or improve your mental wellbeing.**

## Introduction

This exercise uses creative thinking to explore how someone can plan their week to help maintain or improve their mental wellbeing using the 5 Ways to Wellbeing model.

## Exercise

Explain to the children that often people know that they need to look after their physical health, however, forget to look after their emotional health and mental wellbeing.

There are 5 great tips that people can use to help them maintain and improve their mental wellbeing.

They are called the **5 Ways to Wellbeing**:

**Connect** – Talk with family, see friends and share.

**Be active** – Walk, cycle, run around and keep well.

**Learn** – Read for fun, teach yourself something new or rediscover old interests and grow.

**Take notice** – Be curious, look around you, listen, rest and be aware of what you eat.

**Give** – Do something nice for a friend or family member. Thank someone and look out for others.

Hand out the worksheet supplied.

Explain to the group that you want them to plan one activity for each day of the week which focuses on the 5 Ways to Wellbeing.

You may want to give the young people a few more examples of different activities than the ones on the worksheet.

## Summary

Explain to the young people that looking after your emotional health and mental wellbeing is really important and can help with your education, physical health and your relationships with others. Explore with the children who someone can talk to if they are not feeling happy, you could include services like Young Minds and Childline.

# My Happy Diary

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>

<b>5 Ways to Wellbeing</b>	<b>Examples</b>
<p><b>Connect</b> – Talk with family, See friends and share.</p>	<ul style="list-style-type: none"> <li>• Planned quality time with the people you live with.</li> <li>• Plan to see your friends.</li> </ul>
<p><b>Be active</b> – Walk, cycle, run around and keep well.</p>	<ul style="list-style-type: none"> <li>• Could be a class you already do, sports or a dance class maybe.</li> <li>• Plan to have some time in the garden and go on your trampoline.</li> </ul>
<p><b>Learn</b> – Read for fun, teach yourself something new or rediscover old interests and grow.</p>	<ul style="list-style-type: none"> <li>• Do a creative activity (art project).</li> <li>• Research and learn something new.</li> </ul>
<p><b>Take notice</b> – Be curious, look around you, listen, rest and be aware of what you eat.</p>	<ul style="list-style-type: none"> <li>• Go on a walk with an adult you live with and make a list of all the different animals you saw.</li> <li>• Teach an adult you live with how to make a healthy dinner.</li> <li>• Make a healthy menu for next week.</li> <li>• Write down what helps you rest, your environment and who is around you.</li> </ul>
<p><b>Give</b> – Do something nice for a friend or family member. Thank someone and look out for others.</p>	<ul style="list-style-type: none"> <li>• Visit a family member that may enjoy having your company for a while.</li> <li>• Cheer up a friend.</li> <li>• Help the adults you live with by doing some jobs.</li> </ul>