

## 5 WAYS TO WELL-BEING

The Five Ways to Wellbeing are small things that we can all do to improve our emotional well-being. Beside each box write some examples you could try:



**GIVE:**



**KEEP LEARNING:**



**BE ACTIVE:**



**TAKE NOTICE:**



**CONNECT WITH OTHERS:**

"WE ALL HAVE GOOD AND BAD DAYS AND WE ALL NEED A BIT OF HELP SOMETIMES."

### TOP TIPS FOR WORRY:

- Write down all your worries/ things on your mind and put them in a jar.
- Put your headphones on and listen to your favourite music.
- Create a safe/ happy space. Do things in here that you enjoy.



### NEED A CHAT?

Visit [www.wf-i-can.co.uk/notice/looking-after-yourself-during-the-holidays](http://www.wf-i-can.co.uk/notice/looking-after-yourself-during-the-holidays)  
For useful links and local services.

Or, you can email us at [support@wf-i-can.co.uk](mailto:support@wf-i-can.co.uk) and a member of the team will be in contact- please note that there will be a delay over the holiday period.



## LOOKING AFTER YOURSELF DURING THE HOLIDAYS

Name:

One great thing about me:

One thing I like about Winter:

WF-I-Can is a website for children and young people aged 8-19 in the Wakefield District.

It is a place to find information and advice as well as self-help tips that can increase your confidence and resilience.

[www.wf-i-can.co.uk](http://www.wf-i-can.co.uk)

## KINDNESS CALENDAR

Make or use a calendar to plan out random acts of kindness for others. This could be helping to wash the dishes, holding a door open for someone, or telling someone what you like or appreciate about them. You could try this for a week and decorate your calendar with all the kind things you did!

## SELF-ENCOURAGEMENT

Have a go at making some self-encouragement cards. These are a useful tool when we are dealing with big emotions, to help us remember our strengths and positive things about ourselves!

Use some of the statements below or write your own.

- I am enough
- I deserve to be loved and love myself
- It's okay not to know everything
- Today, I choose to be confident
- The challenges I face help me grow
- I am proud of myself
- I stand up for what I believe in

Draw around your hand, on each finger write down who you could talk to when you need some support. Decorate your hand with patterns and colours!

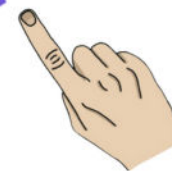


## STAR BREATHING

Breathing exercises can help you relax when you're feeling anxious.



Follow your finger over the line of the star. Breathe in for 4 seconds, hold for 5 and breathe out for 6 seconds.



## MAKE A HAPPINESS BOX



Take at least 30 minutes every day and choose something out of your self-care box to do.

Fill your box up with things that make you happy! This could be photos, games, self-care items, notebooks or memories. Your box is personal to you!

## MAKE YOUR OWN SAFE SPACE

Think of a space that is your own... How do you feel when you are in it? Are you happy and relaxed? Do you like spending time in your space?

Have a think about what you use your space for... relaxing, studying etc. Small changes like adding a piece of your artwork or moving some objects around and making the space your own can have a big impact!

