



# Let's Talk Children's Mental Health The 5 Ways to Wellbeing

## What is Mental Wellbeing?

It's how we are feeling and coping with the things we face every day. Just like physical health, sometimes its good and sometimes not so good. You could think of it as mental fitness.

## Try These 5 Ways to Wellbeing

Research tells us that these proven and research backed 5 simple things can make a big positive difference to our mental health if we aim to do them all every day.

1. Talk & Listen – **CONNECT**
2. Be **ACTIVE**
3. Remember to **TAKE NOTICE**
4. Keep **LEARNING** everyday
5. Acts of Kindness – **GIVE** to others

## CAROL HINES

Mental Health Trainer and  
Advocate for MindSpace,  
Stamford

### CONTACT

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PHONE:  
01780 437330

WEBSITE:  
[www.mindspacestamford.com](http://www.mindspacestamford.com)

EMAIL:  
[Training1@mindspacestamford.com](mailto:Training1@mindspacestamford.com)



Your child has recently been introduced to the 5 ways to wellbeing at their school as part of a MindSpace, Stamford project. The simple message your child will have heard at school is about the language of the 5 ways to wellbeing and how to build them into their everyday life and activities to improve their mental health.

As the lockdown has continued, the focus on the emotional wellbeing and positive mental health of everyone continues to be so important. It has been inspiring to hear about so many examples of children and families trying the 5 ways to wellbeing activity suggestions and to see the wonderful bird baths that have been made! Thank you so much to everyone who has shared photos and told us about the happy feelings you have experienced from seeing the birds drinking and splashing around in the water, especially during the recent hot weather. Make sure you keep them topped up with fresh water every day!

Here is another simple example of how you might use the 5 ways to wellbeing with your child in a fun and simple activity you can TRY at home

### THE 5 SENSES SCAVENGER HUNT.

This activity can be done indoors or outdoors or a combination of both!

Taking notice of the world around us is one of the recommended daily 5 ways to achieving positive mental wellbeing.

Have fun on this scavenger hunt with someone from your household using all of your senses to collect the following list of objects.

See who can collect all items on the list first!

- ✚ Find something that makes a crunchy sound
- ✚ Find something that tastes sour
- ✚ Find something that smells good
- ✚ Find something smooth to touch
- ✚ Find something that smells bad
- ✚ Find something that tastes sweet
- ✚ Find something which makes a loud sound
- ✚ Find something soft
- ✚ Find something white
- ✚ Find something which makes a quiet sound
- ✚ Find something rough
- ✚ Find something squashy
- ✚ Find something hard
- ✚ Find something red
- ✚ Finally find something of your choice that you can see, touch, smell, hear or taste and describe why you chose it



Share your collections with each other – describe them to someone using sensory words like the ones from the list. Take time to look closely at the objects and think of other sensory words to describe them too if you can!

**Remember to always follow the current government safety advice.**

***You can try this activity safely in your garden if you have one or inside your home. You might go hunting for your objects outside or search for them within your home instead.***

***Try the activity again this time hunting maybe only for smooth objects or ones that smell nice for example - but above all have lots of fun!***

**By doing this activity together you will be using all 5 Ways to Wellbeing:**

1. Planning your scavenger hunt and then describing your collection of objects with a parent, brother or sister or someone else from your household – why not tell family members over the phone or on Facetime about what you have done - **CONNECTING**
2. Going on your scavenger hunt and trying to be the first to collect all of the objects on the list – **BEING ACTIVE**
3. Being aware of your senses. Take time out to use them all to enjoy the world around you – what can you see, feel, hear, taste and touch - **TAKE NOTICE**
4. Finding out new facts about your senses and learning and using different words to describe the objects you collect - **KEEP LEARNING EVERY DAY**
5. Make someone happy and smile by using your senses to say something kind to someone such as 'you smell lovely today' – **ACTS of KINDNESS**

**GIVE IT A TRY, USE YOUR SENSES AND TALK MENTAL HEALTH WITH YOUR CHILDREN.**

**PLEASE SHARE PHOTOS OF YOUR COLLECTIONS AND EXAMPLES OF YOUR ACTS OF KINDNESS WITH YOUR SCHOOL.**

