



Learn | keep learning

- Read a book
- Try a craft
- Join a club
- Try something new
- Set school and work goals

Smile
with Forest Oak School
an ethos based approach to supporting school community mental health & wellbeing



Engage | give to others

- Smile 😊
- Be kind
- Say thank you
- Offer to help
- Include others
- Volunteer

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Ideas for activities: families & parents



5 Steps to Wellbeing

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Learn

Try doing some origami.	Learn to tie knots.	Learn a new dance move.	Read the newspaper.
Read a book.	Learn how to cross stitch.	Do a crossword word search or sudoku.	Learn a new word.
Paint a picture.	Join a club.	Learn to play a musical instrument.	Learn to cook something.

- Try something new
- Read a book
- Watch a documentary
- Learn a new dance
- Learn how to cook something different
- Make play dough
- Try a new craft e.g. sewing, knitting, origami
- Sign up for an online course

Engage

Smile at someone.	Do a random act of kindness.	Invite others to join in with a game you are playing.
Give someone a compliment.	Volunteer to help someone.	
Make someone a drink.	Say thank you.	

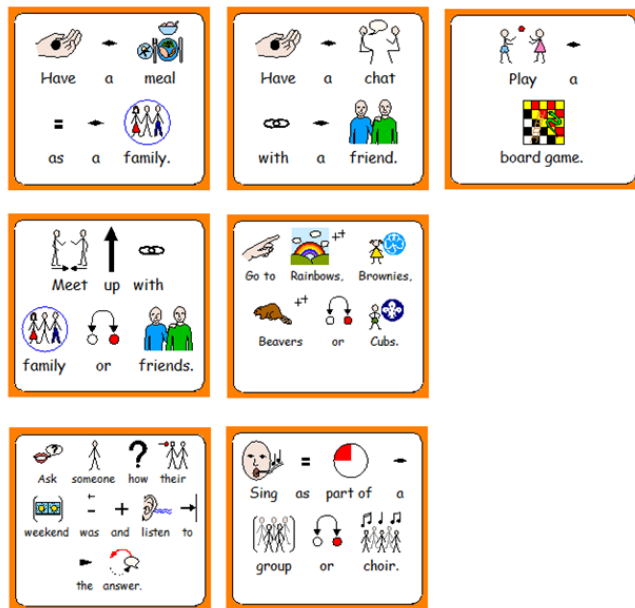
- Write an email to a past teacher or colleague to say how much you appreciated them
- Leave a thank you note for someone who helps you
- Send a postcard to an elderly neighbour
- Contribute to a food bank
- Sort out old clothes to give to charity

Give me 5 to make me SMILE!





Socialise



- Take turns to ask each other some 'Would you rather?' questions.
- Share a story or film
- Phone a friend or relative
- Write a letter
- Make a treasure hunt around the house with clues
- Make a den
- Bake together as a family



Move



- How many 'Keepy Uppies' can you do in a minute?
- Practise striking a 'Super-Hero Pose.'
- Do 3 sets of 10 squats with a short rest in between.
- If you have a garden play tig or inside hide & seek
- Walk the dog
- Try yoga, cosmic kids <https://www.youtube.com/watch?v=ho9uttOZdOQ>
- Dance moves can be very energetic, go Noodle is fun for children <https://www.gonoodle.com/>



Interest



- STOP and Listen: what can I hear; examine each sound.
- Feed the birds
- Grow some flowers or vegetables
- Try Mindful meditation to focus your attention, here is a good clip from MISP <https://www.youtube.com/watch?v=LgXZW6Xqokw>
- Try +2 breathing (count as you breathe in then breathe out for the same+2)