



Wellbeing Week

Be Active

Task 1

With the person next to you, see if you can list the 5 ways to Wellbeing you looked at during the last Wellbeing awareness Week.

The 5 ways to wellbeing



Five ways to
wellbeing

Did you remember them all ?

Task 2

- This week we are thinking about 'Being Active', in pairs discuss for 1 minute why 'Being Active' is good for us throughout our lives.

Be active for mental wellbeing

Be active

Sport, exercise and physical activity play a key role in both your physical and mental wellbeing. Being active is about doing something that suits you.

How being active can help your wellbeing

Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Go for a walk or run. Cycle, play a game, try trampolining, roller skating or dancing; exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Being active doesn't need to be too intense for you to feel good – there's evidence that low impact physical activities such as stretching, toning and resistance exercises can be effective in promoting psychological wellbeing. You just need to find a physical activity that you can enjoy and fit into your daily life.

- It's recommended that adults do 30 minutes of moderate physical activity on at least 5 days of every week.
- For children and young people it's 60 minutes every day.
- Try breaking this up into shorter 10 or 15 minute sessions

Being Active can help us feel more positive and able to cope with life's ups and downs.

- Walk or cycle to school
- Put on your favourite song and dance.
- Get off the bus one stop earlier than usual and walk.
- Take a dog for a walk.
- Try a sport you've never tried before
- Take the stairs instead of a lift or escalator

More ideas!



Task 3

- Tell the person next to you about the things you do to keep active.

Challenge

- What ways can you think of to be more active?
- How can you encourage your friends and family to be more active?

BE *~*
ACTIVE
— **BE** —
HEALTHY
BE
Happy *~*



The 5 ways to wellbeing



Five ways to
wellbeing