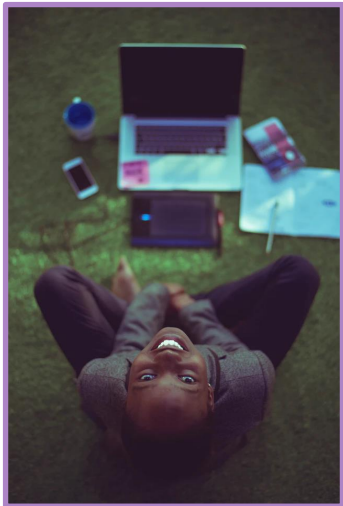


FIVE SIMPLE WAYS FOR CHILDREN'S WELL-BEING

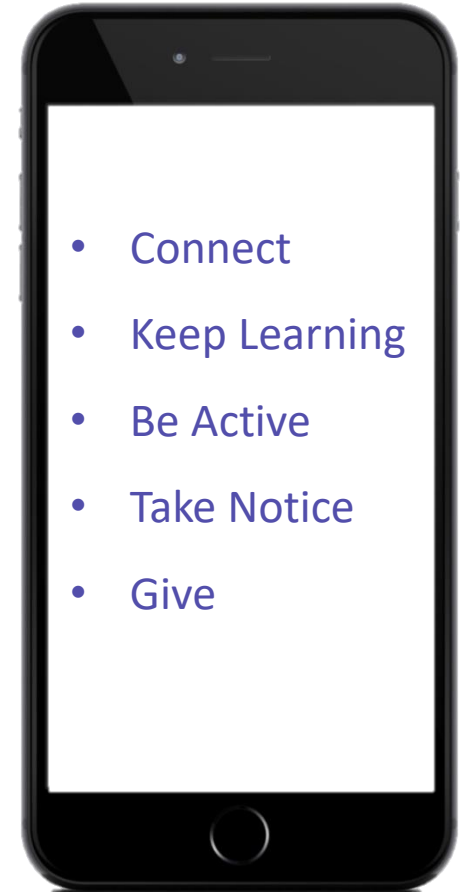


Five Ways to Well-being

There are five simple ways that can aid well-being of children during times of self isolation and home schooling.



- Connect
- Keep Learning
- Be Active
- Take Notice
- Give



Connect with people around you

It is really important to have strong friendships and being able to feel close to those who love and care for us. It keeps us healthy and happy.

Encourage children to keep in touch with family, friends, school friends, and pen pals across the world, to keep healthy and happy today.

How to stay connected within the school setting:

- Use video calls so that children can catch up with their class mates.
- Create online quizzes and games so that children in school and those that are home schooling can all participate.
- Provide children with the opportunity to write letters to friends and family.
- Enable children to use technology safely to communicate with friends and family.
- Maintain or create a school link with children across the UK or in another part of the world.
- Get the children to create cards for special occasions for them to share with their friends and family.



Connect - Reflection



God of compassion and love,
Be with our families this day,
From the youngest to the oldest,
Lighting up our relationships,
Sowing grace into our troubles.
God be with our families,
Weaving love into our work,
Our rest, and our play.

Amen.

Take time today to
think about all those
who love and care for
you.

“Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and to remain with someone who has faltered along the way.” – *Pope Francis*

Connect - Useful Websites

Some suggested websites that can help you stay connected:

Reading Rockets - [Click Here](#) (Learn how to write different types of letters to stay connected with friends and family)

Primary Resources - [Click Here](#) - (Free resources and templates for letter writing)

Cambridge University Press - [Click Here](#) (How to teach primary level learners online)

BBC Newsround - [Click Here](#) - (Stay connected with what is going on around you.)

CAFOD Connecting Schools - [Click Here](#) (Set up a school link with children across the world)



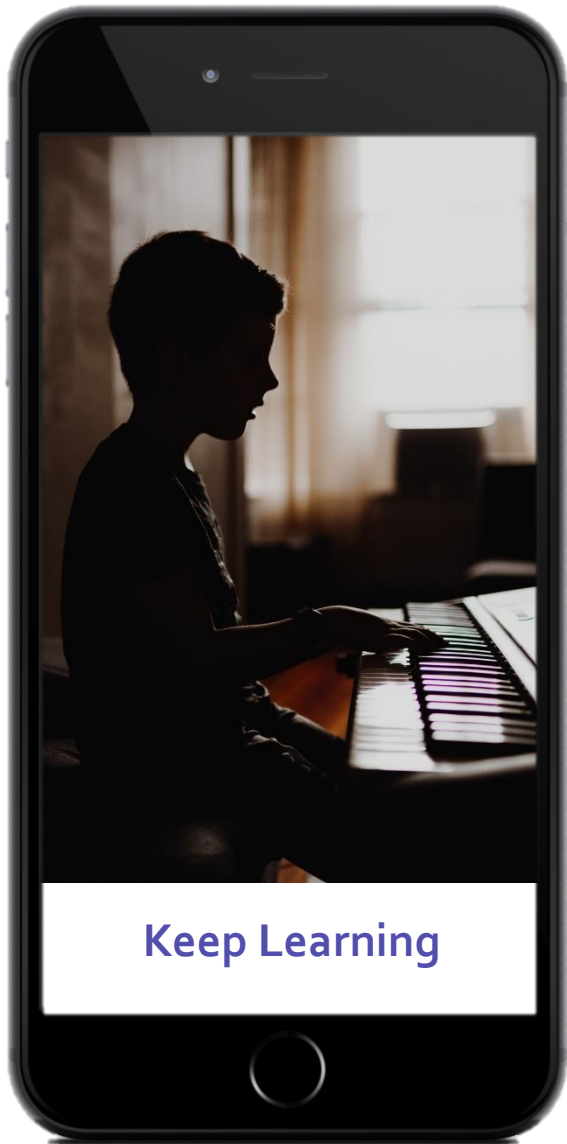
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Keep Learning

We are learning new things all the time at home and at schools. Having a curious mind and seeking out new experiences stimulates the brain and aids well-being. Learning new things will make children more confident as well as being fun.

Broaden their horizons:

- Challenge the children to learn something new - an instrument or a new language
- Enable the children to rediscover an old interest and share it with their friends.
- Set daily challenges – and get the whole school involved
- Get even more creative, enable the children to learn a new crafting skills or develop and old one.
- Get creative with the curriculum – Themed days that present the whole curriculum
- Combine daily exercise with a nature walk
- Explore the great outdoors
- Go on a virtual holiday and learn about a different country and culture
- Develop the children’s technological skills to keep connected
- Encourage the children to **Stay connected** with their friends



Keep Learning - Reflection

God of Wisdom,
Help us to learn new things this and every day,
Grant us compassion so that if we learn
quickly and easily may we help others to
understand too.

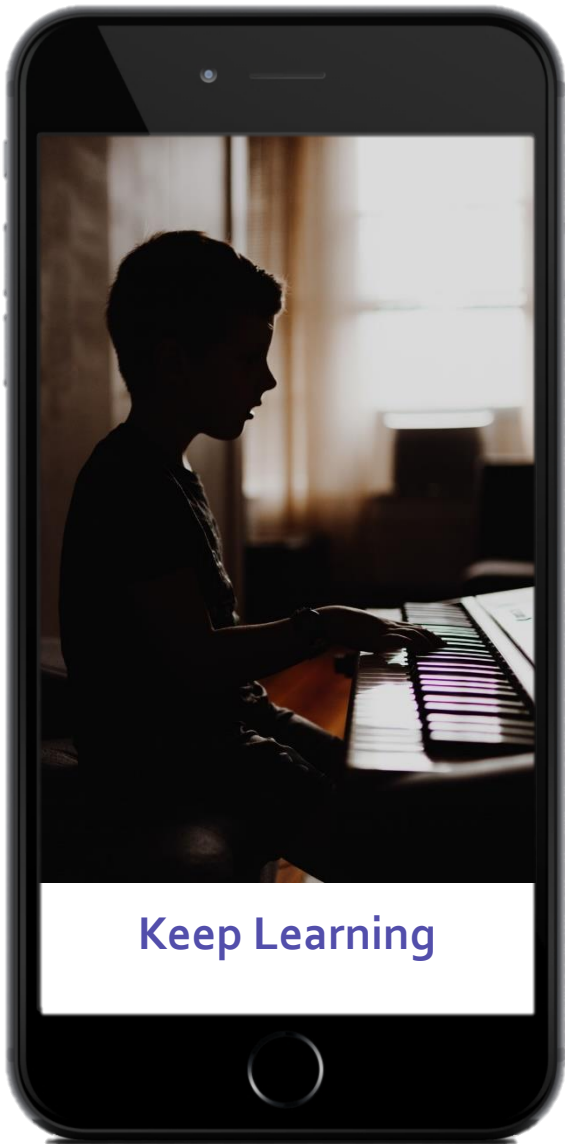
Grant us wisdom, so that when we make
mistakes, we may understand where we went
wrong.

Grant us courage so that we are never afraid
of experiencing new things,
but to see them as an adventure.

Amen.

Take time today to think
about something new – What
exciting new challenge will
you set yourself today?

“The family remains the basic unit of society
and the first school in which children learn the
human, spiritual and moral values which
enable them to be beacons of goodness,
integrity and justice in our communities.” –
Pope Francis



Keep Learning – Useful Websites

Some suggested websites that can help you keep learning:

BBC Bitesize - [Click Here](#) (Learn new things with the handy learning website from the BBC)

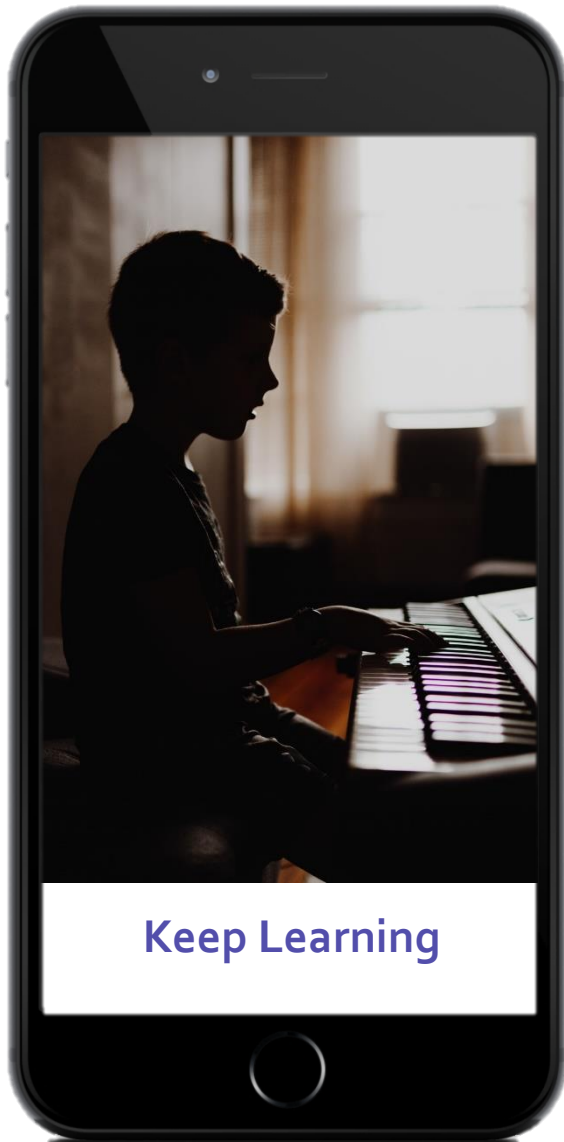
National Geographic - [Click Here](#) (Explore the world with the National Geographic for children)

Duolingo - [Click Here](#) (Learn a range of languages for all ages with Duolingo)

Catholic Kids [Click Here](#) (resources to help faith formation for children)

Lovereading4kids - [Click Here](#) (A resource to get children excited about reading)

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Be Active

Being physically active improves physical health of both children and adults and can also contribute to improved mood and well-being. It can also reduce stress, depression and anxiety. Being active is all the more important in these times of isolation.

Here are some fun ways of staying active throughout the day:

- Get the children to step outside and take in the fresh air.
- Encourage the children to participate in the daily mile challenge
- Challenge children to come up with their own 2.6 Challenge
- Get creative with the games they play.
- Get active in the school garden, clearing weeds and planting flowers
- Teach the children a dance from a different culture
- Make exercise fun and set up different circuits
- Watch and participate in favourite sports personalities workout programmes
- Adapt a sport that fits in with your location/ and social distancing requirements.
- Get the children to **Stay Connected** through keeping active.



Be Active - Reflection

God of Hope,
Be beside us as we stand on the edge of a great adventure.
As it tests our strength,
As it tests our courage,
As it tests our friendships.
Through your infinite goodness
Enable us to find new strength,
Discover our inner courage
And enkindle new friendships
So that we return stronger,
Bolder,
Kinder
And wiser.
Amen.

Set yourself a fun
challenge that will keep
you fit and healthy today.

“A healthy Christian is a
joyful Christian even in times
of sorrow and tribulation.” –
Pope Francis



Be Active – Useful Websites

Some suggested websites that can help you be active:

Jo Wicks – [Click Here](#) (Daily PE Workouts for children and adults)

NHS – Change4Life - [Click Here](#) (Information on exercise, food facts and recipes aimed at providing a healthy lifestyle for children)

Sport England - [Click Here](#) (Stay in and work out – Ideas to keep children healthy when at home.)

The PE Shed - [Click Here](#) (Resources to make PE simple, fun and engaging.)

Public Health England - [Click Here](#) (Resources for Healthy Eating within school.)



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Take Notice - Reflection

Paying more attention to the present moment, to our thoughts, feelings and the world around us can boost our wellbeing. There are many ways you can take notice of the world around you.

Encourage children to talk about the unusual or the things that they don't usually notice. Get them to stop, look and listen to the world outside the classroom door.

- Take the children on a nature walk through the school grounds to explore the world around them.
- Encourage them to take time to notice all of the beautiful things around them even the very small for example, examine a leaf or feather and look at its delicate structure.
- Explore with the children what gives them a sense of awe and wonder. Get them to spend time seeking out the beauty all around them.
- See the world differently. View the world through a camera lens or under a microscope.
- Encourage the children to use their other senses to rejoice in the beauty of the world around them.
- Get the children to slow down and take notice. Listen to a favourite piece of music. read through a favourite poem or book. Share their experiences in a journal or with a friend. – **Stay connected.**



Take Notice - Reflection

God of Creation,
I thank you for another new day.
For the warm sun shining through my window and brightening my day,
For the majestic trees and flowers coming into blossom,
For the birds up above, and their glorious song,
For the wonders outside my door,
Lord, help me to open my eyes to see the beauty all around me and the
confidence to live this day anew.

Amen.

Take time to pause, look and reflect on the beauty of God's creation. What have you noticed today?

“Creation is a project of love given by God to humanity.” –
Pope Francis



Take Notice – Useful websites

Some suggested websites that can help children take notice:

RSBP - [Click Here](#) –(Explore the wide variety of birds from the school grounds and learn more about them.)

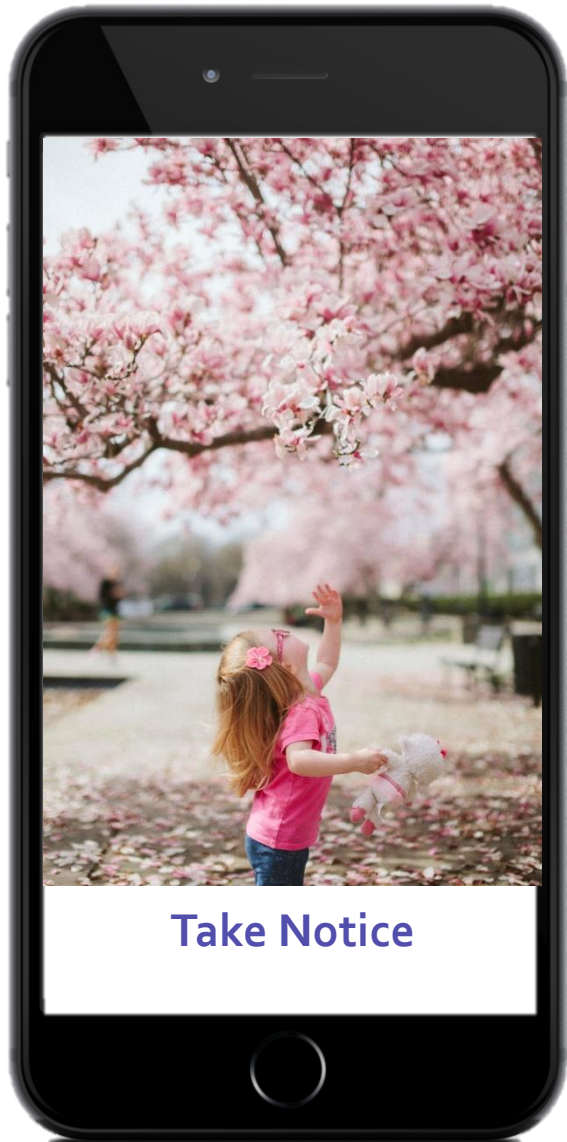
The Wildlife Trust - [Click Here](#) (Explore nature from outside classroom and learn about the wildlife that lives there.)

National Geographic - [Click Here](#) (Explore the world with the National Geographic for children)

Natural History Museum - [Click Here](#) (A wide range of resources from exploring the museum virtually to learning how to make a origami dinosaur)

London Zoo - [Click Here](#) (Have a virtual tour of London Zoo)

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Give



Carrying out acts of kindness, whether large or small can make everyone feel good, bring you happiness and aid well-being.

Giving is more than just raising money for charity, although a good thing in itself. There are many ways that children and get involved in giving of themselves.

- Get the children to think about and create ways of carrying out random acts of kindness
- Create a display that celebrates acts of kindness.
- Encourage children to do something nice for a family member or friend
- Remind children to thank someone, or give someone a smile
- Support local, national and international charities – Get the children to devise creative ways to support their chosen charities
- Explore ways the school can **Stay Connected**, within its wider community

Give - Reflection



Generous and Merciful God,
Allow me to appreciate the small things around me and the many blessing bestowed on me.
Help me to be kinder in my thoughts and actions.
Enable me to be gentle in my words and generous in my deeds.
Teach me that it is better to give of my self rather than to receive.
Grant that I can be a beacon of your love.
May your peace be with us this day, tomorrow and during the days ahead.

Amen

Take time out of your day to think about someone else – Surprise them with a random act of kindness.

"We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace." – Pope Francis

Give – Useful Websites



Doing Good Things Together - [Click Here](#) (Ideas and resources to facilitate daily acts of kindness.)

Scholastic - [Click Here](#) (Ten Top Tips to Community Giving)

Elf on the Shelf - [Click Here](#) - (Daily acts of kindness)

The School Run - [Click Here](#) (Random acts of kindness)

Red Cross - [Click Here](#) - (Power of Kindness Calendar)

Caritas Ambassadors - [Click Here](#) (Caritas Ambassador Programme)

Mini Vinnies - [Click Here](#) (SVP's Mini Vinnies Programme)

CAFOD Club - [Click Here](#) (Information for setting up a school CAFOD Club) -

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Acknowledgements

- Aked J, Marks N, Codon C, Thompson S, 2008, Five Ways to Wellbeing (New Economics Foundation)
- MHF/HPA, Five Ways to Wellbeing at Work Toolkit (Mental Health Foundation/Health Promotion Agency, NZ)
- Rock, L, 2010, The Lion Book of 1000 Prayers for Children (Lion Hudson)
- Images (Be Connected - Oluwakemi Solja, Keeping Learning - Kelly Sikkemer, Be Active - Annie Spratt, Take Notice - Karl Fredrickson, Give - Needpix.com)