Five Ways to Wellbeing project

**Theme: Health and Wellbeing**

**Topic: Healthy Lifestyles**

**Year: Y6**

Subjects and Issues

Five ways to wellbeing Healthy Lifestyles Physical activity Mental health - see Meeting the DfE statutory requirements mapping under My SCARF for these

NB: this  would work well as an end of year project.

It will be particularly valuable for the children as the end of their primary school and move to secondary school approaches. It could even form or contribute to the end of primary school performances for parents/carers.

Introduction

Look at the Five Ways to Wellbeing (from New Economic Foundation) on IWB (slide provided)

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give

Discuss what they are and how they contribute to a healthy lifestyle.  Can the children think of ways that they do any of the five ways? *Make notes*

As a class enterprise, pupils could work together to create a mini documentary to introduce the Five Ways to a new audience.  This would explore each of the ways in turn, along with examples of how they can be implemented in real-life situations. Pupils should identify their individual strengths and work in roles that will play to these strengths.  For example…

* Some pupils could create the theme tune for the opening and closing credits.
* Some could write interview questions for members of the school (e.g. head teacher) or wider community about how they apply any of the five ways in their own life.
* Local charities whose work relates to any of the five ways could also be interviewed.
* Some could take charge of filming, editing films, adding titles etc.
* Some could be the presenters or interviewers.
* Some could be actors who are filmed taking part in activities that fit in with one or more of the Five Ways.
* Some could direct the film
* Other roles...

Each pupil should have a role and feel a part of the team.

Showcasing the finished documentary could be a part of the project.  Invitations/posters could be designed and sent to parents and selected members of the public.  This would give pupils the opportunity to raise awareness of the five ways to wellbeing with a wider audience and hopefully contribute to the wellbeing of others.

Children could lead ‘Be Active’ or ‘Keep Learning’ workshops for younger pupils in the school or members of the community (e.g. elderly groups), encouraging them to ‘Connect’ and this would also give the Year 6 pupils an opportunity to ‘Give’ to those taking part.

This project could grow arms and legs – let imaginations run wild!

Adapt for individual/home learning: Children could make a short film themselves/interview family members/complete research on the 5 ways to wellbeing/make a poster and leaflet/write a poem or song about them.

Useful links:

<https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/5-ways-to-wellbeing-for-young-people.pdf>