



TOWN LANE INFANT SCHOOL



5 Steps to Mental Wellbeing

What does 5 steps to mental wellbeing mean?

The NHS suggest that there are 5 steps to developing and improving mental health and wellbeing. Following these steps can increase happiness and boost your child's wellbeing.

The five steps:

1. Connect
2. Give
3. Be active
4. Learn new things
5. Take notice

GIVE – Helping others/kindness.

- Saying thank you.
- Listening to friends and family.
- Looking after a relative.

LEARN NEW THINGS – Set small targets.

- Learn a new song or dance.
- Learning number bonds.
- Independently putting a coat on.

CONNECT – Connecting with others.

- Talk on the telephone.
- Play with brothers and sisters.
- Join a club.
- Enjoy dinner at the table, talking about your day.

BE ACTIVE – Physical activity.

- Walk to school.
- Visiting the park after school.
- Dance around the house.
- Helping in the garden.

TAKE NOTICE – Being mindful.

Go on a walk and talk about what you can see, hear, smell and how you feel. Be aware of surroundings.

*Learn
something new
every day*

