

PLAN ACTION:

THE FIVE WAYS TO WELLBEING

Introduce your group to these mental-health-boosting steps via simple activities

SUITABLE FOR CUBS, SCOUTS, EXPLORERS AND NETWORK

THE FIVE WAYS TO WELLBEING

1 CONNECT

Spend time with friends and family.

2 BE ACTIVE

Go for a walk or run or a cycle ride.

3 TAKE NOTICE

It's OK to feel sad and good to share with someone who will understand.

4 LEARN

How do you think about how you feel? Learn in education or outside.

5 GIVE

Do a good turn and help someone.

THE OBJECTS GAME

Using a football, a phone, a bike, a book etc, ask your Scouts to think about which of the Five Ways to Wellbeing that item relates to.

THE FIVE CORNERS

Write the Five Ways on card, place them around the room and get Scouts to run to the correct one when an activity is called. Have multiple correct answers for a single activity.

SHARE AND SHARE ALIKE

Each person talks about one thing they did at the weekend and picks which of the Five Ways it relates to.

TIME NEEDED

20 minutes

EQUIPMENT NEEDED

■ Cards and pens

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Cub Our World Challenge Badge



Scout Our World Challenge Award



Scout Community Impact Staged Activity Badge

DISCUSSION

Discuss whether any of the Five Ways were more difficult to talk about than others. Do they tend to do some of the five ways more than others? Do they enjoy some more than others?

If you become aware that a young person in your section has a mental health difficulty, head to amillionhands.org.uk/resource for guidance and support.

TAKE IT FURTHER

The next step is to TAKE ACTION – turn the page for a great activity or download the Mental Health Resource Pack from amillionhands.org.uk/mental-wellbeing for more ideas and activities.

DOWNLOAD THIS PAGE

Find this and other great activities at scouts.org.uk/magazine.

