

# Join the 5 Ways to Wellbeing Challenge!

1

## Connect

with friends,  
family and your  
community



2

## Be active

with games  
and outdoor  
fun



3

## Take notice

appreciate the  
world around  
you



4

## Keep learning

try new things  
and explore



5

## Give

spread  
kindness and  
help others



## Are you ready for an exciting summer full of fun, friends and feeling fantastic?

This summer holiday, your Mental Health Support Team in school challenges you to take on the **5 Ways to Wellbeing challenge** and boost your mood, energy and happiness. [Here's what to do...](#)

Take part in daily or weekly challenges based on the 5 ways to wellbeing

Track your activities and watch your wellbeing grow

Receive a certificate of achievement

Win an award for your school with the highest number of students taking part



### Who can join?

Children and young people aged 5 to 18 years.

### How to record your progress

There is an activity log on the back of this page to record your progress. When you return to school in September, hand in your completed activity log.

Your school will give certificates to individuals that have completed the challenge and will calculate how many children took part in your school. This information will be shared with your Mental Health Support Team and they will announce the winning school.

# The 5 Ways to Wellbeing activity log

My name .....

My school .....



**Mersey Care**  
NHS Foundation Trust

Way of wellbeing

Draw or describe what you did

## Connect

eg. Talk to  
a friend

☐

## Be active

eg. Dance to  
your favourite  
song

☐

## Take notice

eg. Notice how  
you feel when  
you laugh

☐

## Keep learning

eg. Try a new  
recipe

☐

## Give

eg. Help with  
chores

☐

1. Complete at least one activity for each of the 5 Ways to Wellbeing
2. When you finish an activity, tick the box next to it
3. Use the space next to each activity to draw a picture or write a sentence about what you did. Be creative, draw how you felt or describe your experience!

Keep your activity  
log safe and return  
it to school at the  
start of September.

