



Five Ways to Wellbeing reminders throughout the school year

Mental Health Awareness Week is a great way to learn about the [Five Ways to Wellbeing](#) and continue any learnings throughout the year by building them into daily classroom life.

Having reminders of the Five Ways to Wellbeing in the classroom can be a way to encourage students to use them each day. To continue learning about the Five Ways to Wellbeing beyond your Mental Health Awareness Week, run some of these year-round activities every week to boost students' moods!

Activity 1:

Use beads to create a Five Ways to Wellbeing [bracelet or necklace](#), with one coloured bead representing each of the Five Ways. Colour, draw or write on each bead in a way that represents each one for you. Use natural wooden beads or seed beads or make your own using your environment.

Activity 2:

Have five stones painted with designs or words that represent the Five Ways to Wellbeing and display them in your classroom. Each week ensure one stone is placed in a prominent position (i.e. the 'Give' stone) so it becomes the focus for students during that week.

Activity 3:

During circle time, ask tamariki/children to reflect on one of the Five Ways to Wellbeing. Ask them to share with the class a way they've recently used that action.

Activity 4:

Order the free Five Ways to Wellbeing [poster](#) from the Mental Health Foundation online shop. Have a class or school-wide poster competition and ask students to design a poster. The winning design could be printed and displayed in the school reception for all to see!