



Lesson 2

The 5 Wellbeing Ways





Learning Intentions

To understand why it is important to look after our emotional wellbeing.

To understand that we make choices every day that can be good or not good for our wellbeing.

To learn more about how we can use the 5 Wellbeing Ways to look after our wellbeing.



**THESE ARE THE 5
WELLBEING WAYS**

Be
Active



Connect



Give



Learn



Take
notice





Wellbeing Task Review

Interview 2 friends or family members:

- What do you do to look after your physical wellbeing?
- What do you do to look after your emotional wellbeing?



Everyday we make choices that are either helpful or unhelpful for our wellbeing....think about how you can make your choices most helpful to your wellbeing.



Using the wellbeing ways cards (in files/on the app), pick one activity from each sheet.

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