Bristol’s Mental Health Awareness Week
‘Five Days to Wellbeing’
Campaign overview

‘The Five Ways to Wellbeing’ – what is it?
The ‘Five Ways to Wellbeing’ were developed by the New Economics Foundation (NEF) in 2008 as part of the Government’s Foresight Project, a two-year review, synthesising research from 400 scientists, on mental capital and wellbeing.

The concept of wellbeing comprises two main elements: feeling good and functioning well. Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life. Equally important for wellbeing is our functioning in the world.

http://neweconomics.org/2008/10/five-ways-to-wellbeing-the-evidence/

In 2014 the Children’s Society and NEF conducted a joint piece of research to explore if the framework, originally developed on the basis of research with adults, was relevant for children too. The research revealed a link between children’s engagement in activities relating to the five themes and their reported levels of wellbeing.

What are the aims of the campaign?
This campaign aims to help people in Bristol to improve their wellbeing. We will be doing this by:
- Raising awareness of the ‘Five Ways to Wellbeing’ and how simple changes can improve emotional health.
- Promoting the services and organisations available locally to support mental wellbeing and health (sports clubs as much as NHS care).
- Creating a city-wide debate around the importance of mental wellbeing
- Improving attitudes towards people with mental health problems and to normalise mental health.

Overview of how your school could promote the Fives Ways to Wellbeing
We have adapted a short presentation from the Charlie Waller Memorial Trust so it can to be used in an assembly, class or tutor time to help introduce children and young people to the Five Ways to Wellbeing. The presentation is suitable for both primary (years 5 and 6) and secondary schools, although primaries may chose not to include the short film as this is aimed at a slightly older audience.
If used during an assembly it could be delivered by the school council or other pupils.

We are also encouraging schools to take part in activities over the course of a week to help raise awareness about the simple steps children and young people can take to look after their emotional wellbeing. We have compiled a list of suggested activities (see table below), most of which require very little preparation, which your school could offer to promote each of the 5 themes.

In recognition of parent’s crucial role your school could also include some information about the Five Ways to Wellbeing in a newsletter or text to parents. We have prepared this for you below but please feel free to adapt:

Newsletter
To mark Mental Health Awareness Week INSERT SCHOOL NAME will be taking part in a city wide campaign led by the NHS, Bristol City Council and voluntary sector partners focusing on the ‘Five Ways to Wellbeing’ which are simple steps we can all take to improve our mental wellbeing.

Whilst we know that five fruit and veg a day helps us to stay physically healthy, we’re less aware of the ways in which we can stay emotionally healthy. This campaign hopes to change that by raising awareness of the five ways to wellbeing: connect, learn, be active, take notice and give.

Pupils will be learning about the five simple ways they can look after their own wellbeing and will be taking part in activities to help improve their wellbeing.

Because parents play such a crucial role in supporting their children’s wellbeing the Children’s Society have put together a short free guide for parents which lists the simple activities which can make a real difference to children’s wellbeing: www.childrenssociety.org.uk/sites/default/files/TCS_FIVE_WAYS_TO_WELLBEING_CHILDREN.pdf

Text
This week, to mark Mental Health Awareness Week, the children will be learning all about the ‘Five Ways to Wellbeing’ and will be taking part in activities designed to improve their mental wellbeing. For more information about the campaign please visit: INSERT LINK TO WEBSITE. For information about how parents can support their children’s wellbeing: www.childrenssociety.org.uk/sites/default/files/TCS_FIVE_WAYS_TO_WELLBEING_CHILDREN.pdf

Finally, why not shout about what your school is doing by tweeting and sharing your activities on Facebook using the hastag #MHAWBRISTOL

If you decide to run the campaign during Mental Health Week (although we recognise this is unlikely given the timing) and would be happy to be included in press coverage about
the campaign then please get in touch with Amy Cains, Senior Public Relations Officer, amy.cains@bristol.gov.uk, 0117 922 4316 / 07467335738.
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<th>Wellbeing way and day</th>
<th>Why it’s good for us and what children and young people can do</th>
<th>Suggested activities</th>
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<td><strong>Monday</strong></td>
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| **Connect**... ...with people around you. | Evidence shows that good relationships – with family, friends and the wider community – are important for mental wellbeing. 7% of young people who talk to their family about things that matter to them on most days or every day have low well-being. But for those who never or hardly ever do so, this rises to 28% (Children’s Society and NEF, 2014). | - Challenge pupils to 2 hours of digital downtime after school  
- Play a board game in school or encourage pupils to do so at home  
- Ask pupils to talk to a fellow pupil they don’t know so well and find out an interesting fact about them and something they have in common  
- Promote extra-curricular clubs in school and in the community. Spend some time exploring local activities and clubs with young people using the Rife Guide: [www.rifeguide.co.uk](http://www.rifeguide.co.uk)  
- Ask pupils ‘who are the people you can rely on?’ ask them to think about who they can go to for support in different areas of their lives. Talk to them about sources of support available to them in school and community  
- Get young people to think about how they could strengthen their relationships with friends and family and who else could they connect with (safely) and how?  
- Promote opportunities (if they exist) to be a peer mentor to younger pupils in the school |
| **Tuesday**            | For those children who exercised most or everyday only 7% reported low well-being. For those who never or hardly ever do this rises to 18% (Children’s Society and NEF, 2014). To maintain a basic level of health children aged 5-18 years should do at least 60 minutes | - 60 minutes a day active – challenge pupils to clock up 60 minutes of physical activity across the day  
- Ask pupils what they can do every day to be more active  
- Build time into the day for all pupils to walk/run a mile. Or even better, start doing a daily mile  
- Hold a bike breakfast  
- Promote active travel into school |
of moderate to vigorous activity a day (NHS, 2017).

- Set up activity stations during break times with a good mix of activities to cater to a range of interests e.g. dancing, gardening, skipping, dancing etc
- Promote school and local sports clubs and teams. Make it clear these are for fun and not just for those who happen to be really good at a particular sport. Invite someone in or again check out the Rife Guide with young people

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<td><strong>Take notice...</strong></td>
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<td>...of the world around you and what you are feeling.</td>
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| | Just 5% of children who notice and enjoy their surroundings most days or every day report low well-being – this rises to 33% for young people who never or hardly ever do so.

It can be easy to rush through life without stopping to notice much. We shouldn’t underestimate how differently children, particularly younger children, see and interact with the world, our rubbish may be their treasure, a slug might be a friend. Spending time exploring new environments can have a real impact on their wellbeing (Children’s Society and NEF, 2014).

Encouraging children to pay attention to their feelings and helping them to be able to manage their emotions is incredibly important (Children’s Society and NEF, 2014). |

| |  
| | Incorporate a mindfulness style session into the day
| | Demonstrate a mindfulness app in class or assembly
| | Sit outside quietly and list all the sounds you can hear, all the smells you are aware of
| | Incorporate a meditation or yoga session into the day
| | Demonstrate some breathing techniques
| | Deliver a session on stress and discuss coping strategies
| | Encourage pupils to write a journal or a blog
| | Hold planting out session in school allotment
<p>| | Forest school activities |</p>
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<th>Thursday</th>
<th>Keep learning... ...try something new</th>
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|          | Just 7% of children and young people who read for fun ‘most days’ or ‘every day’ have low well-being – this rises to 21% for those who never or hardly ever do so (Children’s Society and NEF, 2014).  
Young people are natural learners, we just need to try and make their world as large as possible, by filling it with new experiences, cultures and ideas.  
Learning both in and outside of school is important to young people and their subjective wellbeing and can build self-esteem and help children to connect with others (Children’s Society and NEF, 2014). |

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<th>Friday</th>
<th>Give... ... a smile, some time, a helping-hand</th>
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<td>Several studies suggest that acts of giving and kindness – small and large – are associated with positive mental wellbeing.</td>
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|                      | • Invite a parent, pupil and/or school staff member to run a lunchtime session based on a hobby/interest  
• Promote the library, have a selection of books which could be featured that week  
• Promote local activities, clubs or school based ones. Again, check out the Rife Guide  
• Ask pupils what really fascinates them; what would they really like to be able to do e.g. write an app, knit, or whatever it may be! |

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|                      | • Random acts of kindness in the community  
• Write something kind about someone in the class you don’t know very well, share these  
• Promote local volunteering opportunities for young people  
• Promote the Duke of Edinburgh Award  
• Invite visitors from local charities to talk about volunteering opportunities  
• Discuss ways that young people give already, why is it important to them and others?  
• Anonymous kindness day; get students to write something they

|
really like about members of staff and get them to post this in their pigeon holes

- Ask pupils what little things they could easily do each day to show kindness to others
- Suggest pupils do something to help out at home and ask them to report back on this and how it made them feel