



FIVE WAYS TO WELLBEING

At Keech Hospice Care we know 'we can't put days into life, but we can put life into days'. A big part of living longer and staying well is about being happy. Studies have shown - whatever our age - we're happier if we make these five things part of our life:

BE ACTIVE AND HEALTHY
CONNECT
KEEP LEARNING
GIVE TO OTHERS
TAKE NOTICE

Our Five Ways to Wellbeing gives you simple, fun activities for you to do as a class or group, building them into the school day or programme, even if you can only spare a minute!

What's more, the activity ideas are designed to fit in with PSHE and Citizenship programmes, covering core themes of Health and Wellbeing, Relationships and Living in the Wider World.

Some of the activities are also linked to 'giving' to Keech Hospice Care - a direct connection to your involvement with The Short Tail Trail.

We hope you enjoy these activities and they encourage your group to be active, build positive relationships, stretch their minds, feed their curiosity, and help them care about the world and their place in it.

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BE ACTIVE AND HEALTHY

Do what you can, enjoy what you do, feel good about yourself.



ONE-MINUTE IDEAS

- Move quickly like a hare. Move slowly like a tortoise.
- 60 seconds to think of as many healthy foods as you can.
- Find three words or phrases to describe waking up after a good night's sleep.



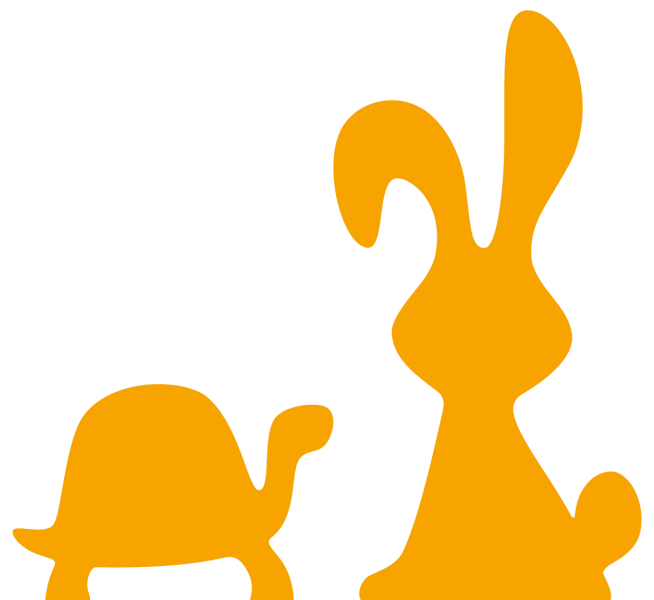
ONE-HOUR IDEAS

- Organise a Short Tail Trail activity around the playground as a PE lesson.
- Make a snack using only healthy ingredients.
- Work in pairs to put together a short script called What's wrong with me, Doctor?



LONGER

- Investigate your family's exercise patterns - how many complete an 'active daily mile'?
- Sign up for a Keech Hospice Care event that gets you moving, or do a sponsored swim, cycle or walk for Keech.
- Takeaways on trial - groupwork project assessing a different 'takeaway' for its health benefits.



CONNECT

Talk, listen, create memories with others and care for those around you.



ONE-MINUTE IDEAS

- Ask someone you don't often speak to in the class / group to tell you something about hares or tortoises – a fact, a story, a memory.
- Tell the person next to you about your hobbies / leisure activities for 30 seconds. Then listen to theirs for 30 seconds.
- Take turns to introduce a word of the day about emotions, mental health or wellbeing.



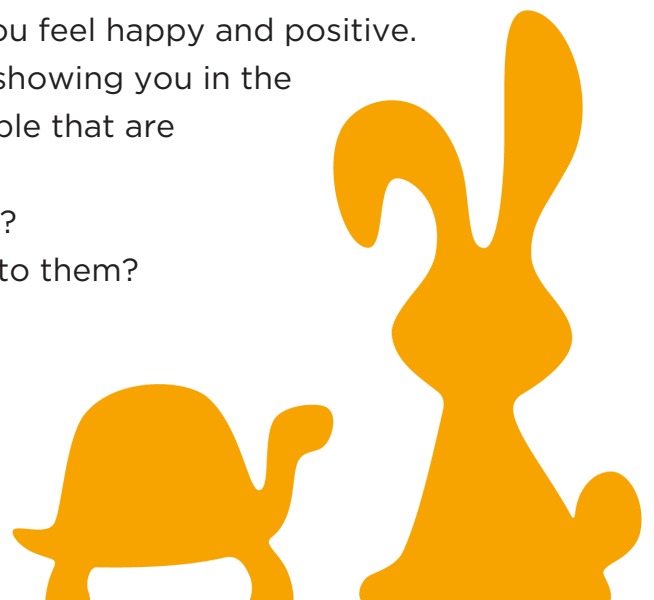
ONE-HOUR IDEAS

- Create a 'friendship wall' display (or electronically), posting all the things that put 'best friends' ahead.
- Write a short role-play around the impacts of bullying and present to the class / group.
- Donate an hour of your time to someone at home who could do with a break. Report back on what happened.



LONGER

- Work in small groups, create an hare or tortoise themed anti-bullying superhero including costume, powers and gadgets.
- Keep a week-long 'happiness' diary of every time something happened that made you feel happy and positive.
- Create a scatter graph showing you in the centre and things / people that are important around you.
Why are they important?
How are you important to them?



KEEP LEARNING

Always be open to new knowledge and experiences.



ONE-MINUTE IDEAS

- Hares and tortoises are found in many different countries, with many different languages. How many languages do you speak as a class or group? Find out in 60 seconds.
- In pairs, take someone's pulse.
- Do a quick-fire quiz. When can I... get married, vote, drive, etc? How many can the class / group get right?



ONE-HOUR IDEAS

- Design a Stay Safe Out and About poster, featuring a hare or a tortoise.
- Would you call 99 if you saw a hare or a tortoise in difficulty? Recreate a 999 call and discuss in groups when to call/not to call emergency services.
- Create a true / false news story game to demonstrate 'fake news'.



LONGER

- Produce a top tips leaflet for children about using the internet safely.
- In small groups, design and write a newspaper or news website front page offering a mix of fake and actual news about hares or tortoises. Can your readers spot the difference?
- Record a diary of your internet usage for a week to find out how many times you input personal details.



GIVE TO OTHERS

Your time, your attention, your kindness.



ONE-MINUTE IDEAS

- Do a small act of kindness, like holding open a door for someone or paying a compliment.
- Come up with a fantastic idea to raise money for Keech Hospice Care.
- Everyone to help tidy up at the end of the day.



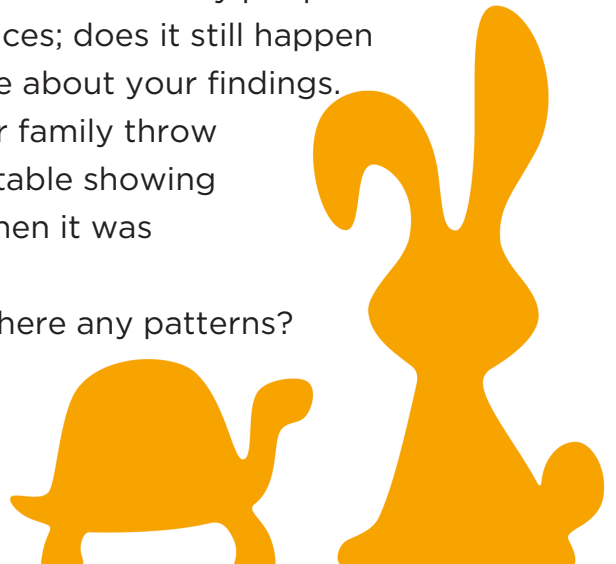
ONE-HOUR IDEAS

- Do a 60-minute #DeclutterforKeech at home and donate your great clutter to your local Keech Hospice Care charity shop. Find your nearest shop at www.keech.org.uk/declutter.
- Help cook a meal, clean or tidy for a neighbour or family member in need.
- Visit a local religious centre (for example a church or mosque or synagogue) and talk to someone with a different religious background to you.



LONGER

- Use your research into hares / tortoises (books, nature programmes or factsheets) as a springboard for a debate on environmental issues or family relationships.
- Research 'bartering' and how historically people exchanged goods or services; does it still happen today? Write a short piece about your findings.
- How much food does your family throw away in a week? Create a table showing what was thrown away, when it was binned and why.
- Analyse the results - are there any patterns?



TAKE NOTICE

Of the world around you.



ONE-MINUTE IDEAS

- We're all different. Discuss three reasons why this is a good thing.
- Write down three reasons why hares or tortoises are endangered.
- Give five examples of discrimination.



ONE-HOUR IDEAS

- Choose one item that's good value for money and kind to the environment: prove it!
- Discuss the schools or group protocols for dealing with discrimination and how to report it.
- Explore and research habitat loss caused by forest fires, the spread of agriculture and urban development and how these factors affect tortoises.



LONGER

- Take some time to talk to an older family member about something they used to do/have that we no longer do or have today.
- Take a class / group tour of Keech Hospice Care, in person or virtually at: www.keech.org.uk/virtualtour
- Join a local community group such as Cubs or Brownies, Cadets or a community environmental project.

