



# Ideas for your family's wellbeing

Take 5 steps to wellbeing are five simple activities that you, your child and the whole family can do that will have a positive effect on your collective wellbeing.

Family life plays such an important role in the wellbeing of both children and parents. Parents spending good quality time with their children can be very effective in boosting wellbeing.

Children's wellbeing centres on time with a happy, stable family, having good friends and plenty of things to do, especially outdoors.

Developing a strong sense of wellbeing can help teenagers manage the challenges of the developmental years and be a protective factor against mental illness.

Wellbeing is important for your whole family to develop and is something you can work on together and it doesn't need to cost lots of money.



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## Take 5 steps to wellbeing messages



**Connect:** Eat meals together and talk. Encourage your child to make friendships and maintain an active connection with them. Help them foster meaningful connections with others through school, community, sports and family.



**Keep learning:** Read together; visit a museum; make something together. Learning is vital for social and cognitive development. Encouraging your child to learn new skills and be creative will enhance their self-esteem and social interaction.



**Be active:** Play together; go for walks; cycle. Play is essential for children's development. Exercising regularly lowers rates of depression and anxiety and relieves stress.



**Take notice:** Look at nature together; talk about your day over meals; think about things you are grateful for. Being curious and aware of the things around them helps children learn and to be aware of their thoughts and feelings.



**Give:** Make a present for someone; say something nice; give some time to help someone else. When we are kind to others and give our time and energy to someone else, it is very rewarding and helps children understand empathy.

## Take 5 in our family chart

How does our family Connect?



Connect

What more will we do?

How does our family Keep learning?



Keep learning

What more will we do?

How does our family Be active?



Be active

What more will we do?

How does our family Take notice?



Take notice

What more will we do?

How does our family Give?



Give

What more will we do?

# Family Reward Chart

## Take 5 in our family chart (see overleaf)

Use this chart to talk about the things that you already do, either individually or as a family in relation to the Take 5 messages. This will help you think about the things you are already doing to support your own and your family's wellbeing. For example, maybe you already go for walks together in a park (Be active) or you read books (Keep learning) or draw (Take notice).

Talk about what's good about doing these things and which of these you want to do more of; or find other things each of you would like or could do together as a family. These are goals your family can come back to and discuss to see whether you are doing them. You might like to also use the reward chart in this booklet to record how your family includes Take 5 over a week.

## The Take 5 Reward Chart

Think about the things you will do as a whole family or that each person will do. Write them down against a Take 5 symbol. Then each day write the things that you did in the box for that day. This could be a real focal point for you to talk about it as a family throughout the week.

You can put a Take 5 sticker in the box for each of the Take 5 messages you have done. At the end of the week see how many of your goals you have achieved or how many of the 5 steps you have done and celebrate this in some way as a family.

As family we will	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Connect							
 Keep learning							
 Be active							
 Take notice							
 Give							

How well did you do? 