



Canal &  
River Trust

# Explorers

# Week of Wellbeing

## Lesson 1: Connect

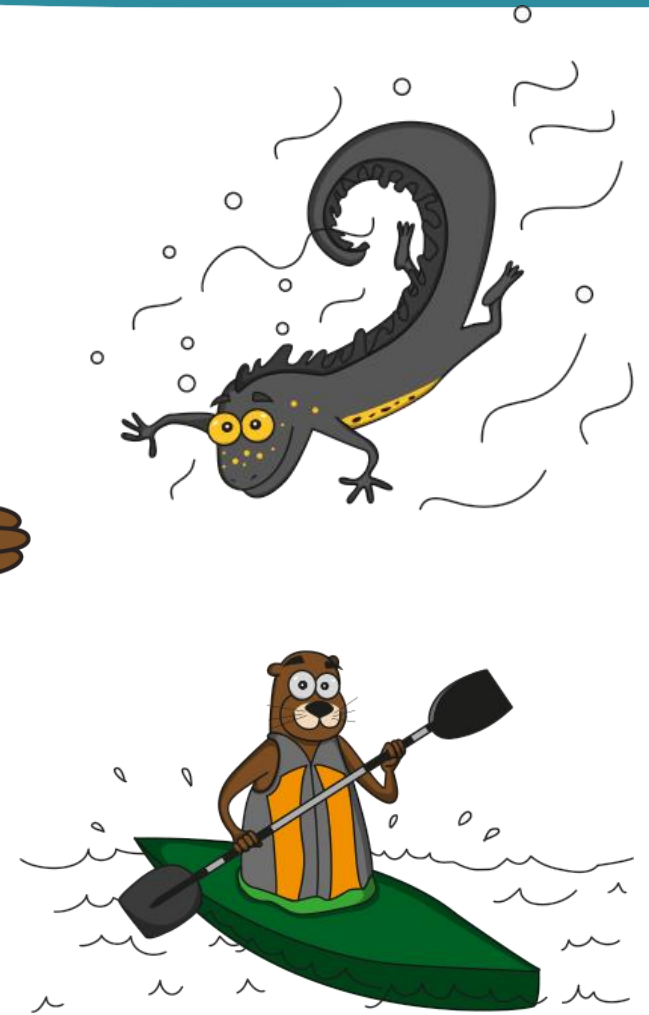


**A Week of  
Wellbeing**

## What is wellbeing?

Things that help our wellbeing:

- Getting lots of exercise
- Eating a healthy diet
- Getting enough sleep
- Taking time for ourselves
- Spending time with family and friends
- Feeling good about ourselves.





## The Five Ways To Wellbeing

C

**Connect:**  
connecting with  
other people

A

**Assist:**  
helping others

N

**Notice:**  
taking notice  
of the world  
around you

A

**Active:**  
being active in  
whatever way  
you can

L

**Learn:**  
learning new  
things



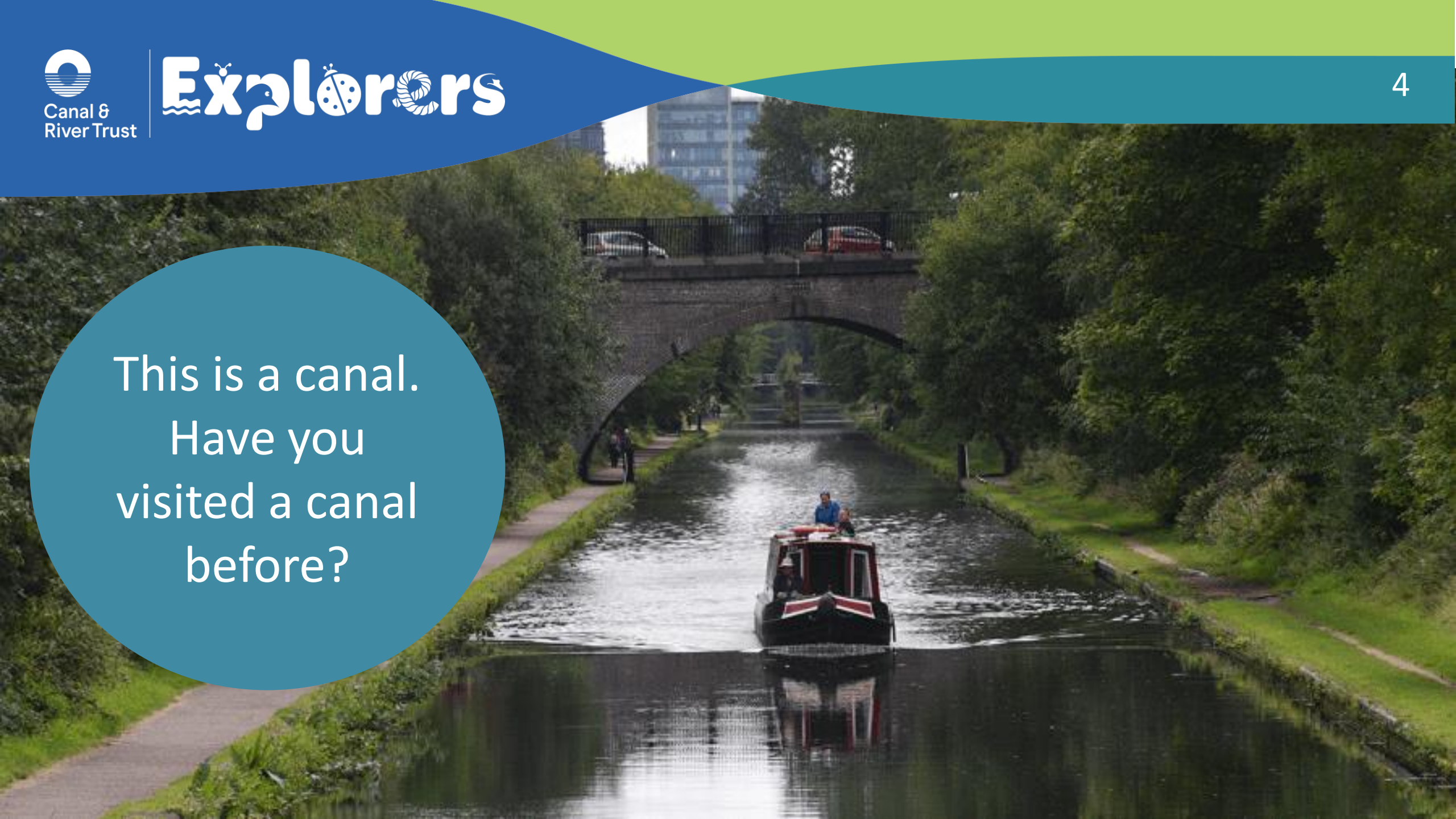




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This is a canal.  
Have you  
visited a canal  
before?





## What are the Five Ways To Wellbeing?

**CONNECT:** Means to be joined with something or someone.

It can be used to mean joining up with our friends and family.








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# Week of Wellbeing

## Lesson 2: Assist



**A Week of  
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## What are the Five Ways To Wellbeing?

**ASSIST:** Means to give support or help.





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How have you  
helped someone?





How did it  
make the  
person feel?





How did it make  
you feel?





Can you name  
the five senses?





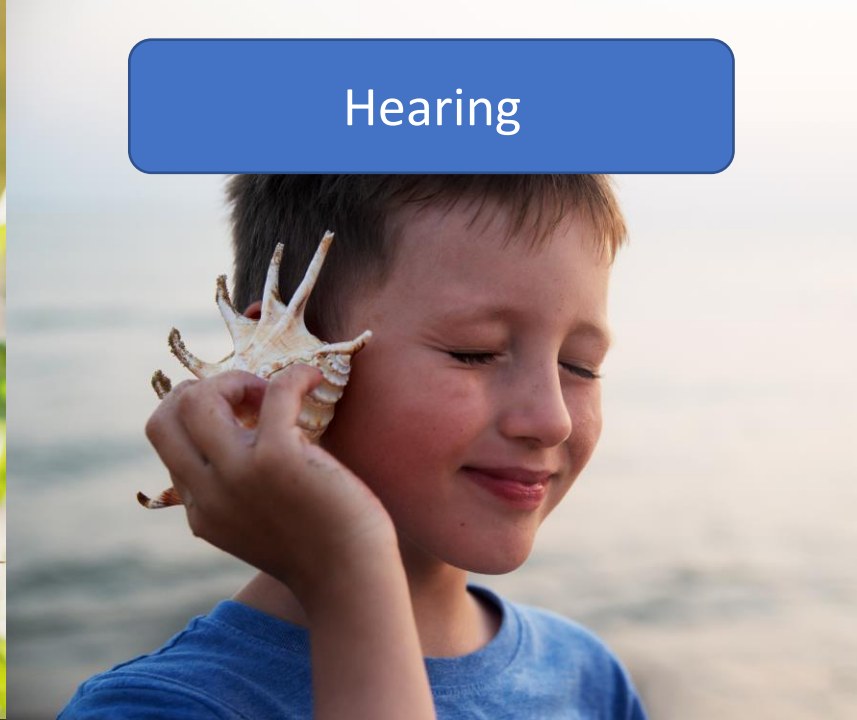
Sight



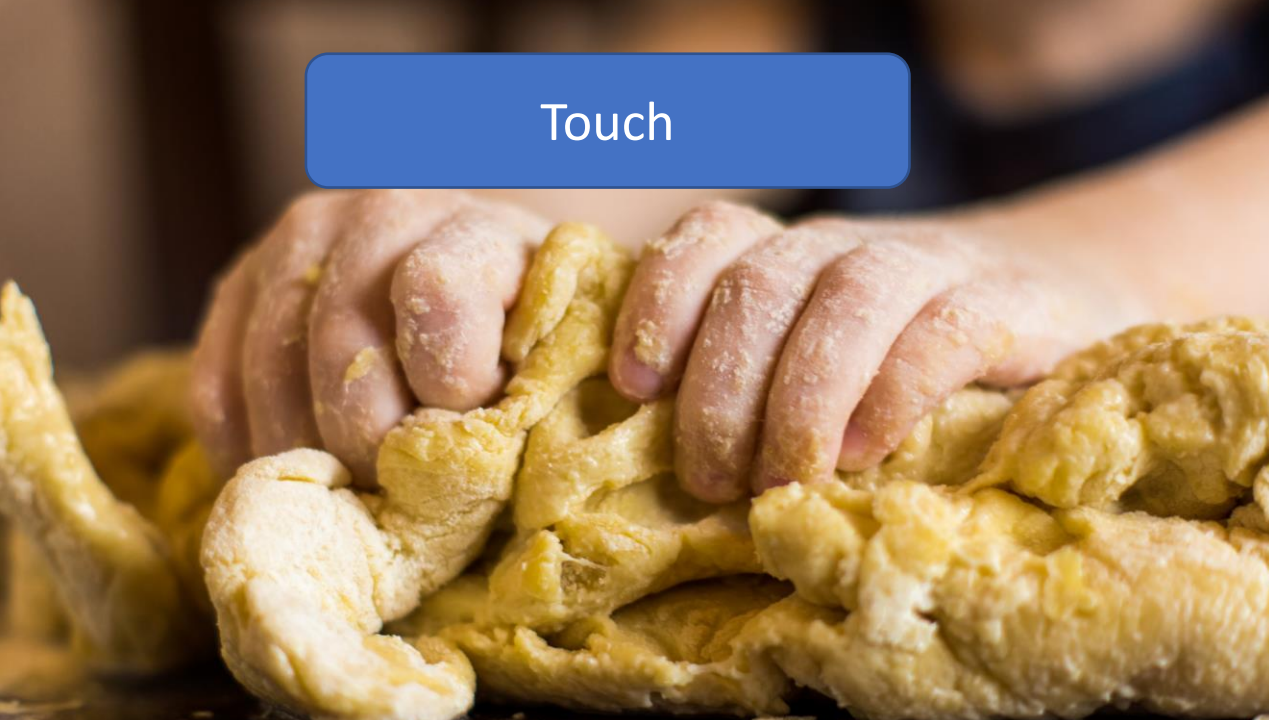
Smell



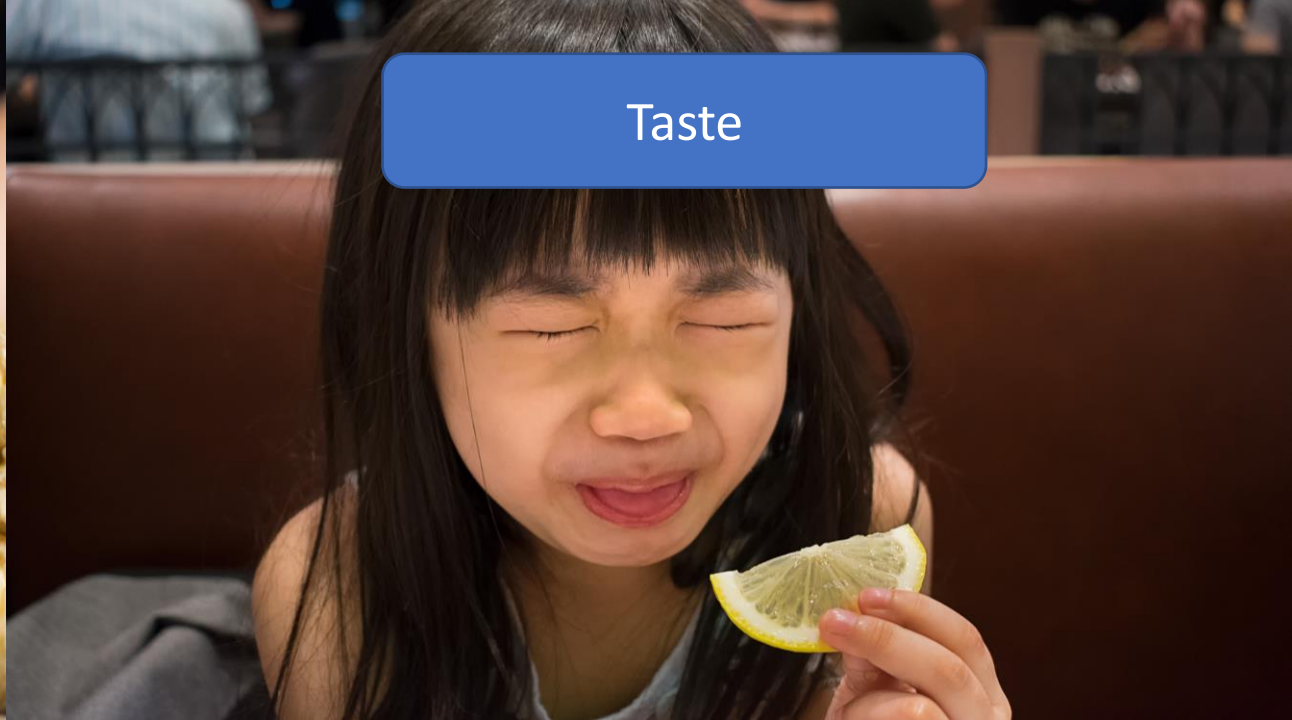
Hearing



Touch



Taste



# Week of Wellbeing

## Lesson 3: Notice



**A Week of  
Wellbeing**



## The Five Ways To Wellbeing

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## What are the Five Ways To Wellbeing?

**NOTICE:** Means to pay attention or look closely at something.





How do you think it feels to be here?





Being outside – by  
the water or in  
green space can  
make you happy.























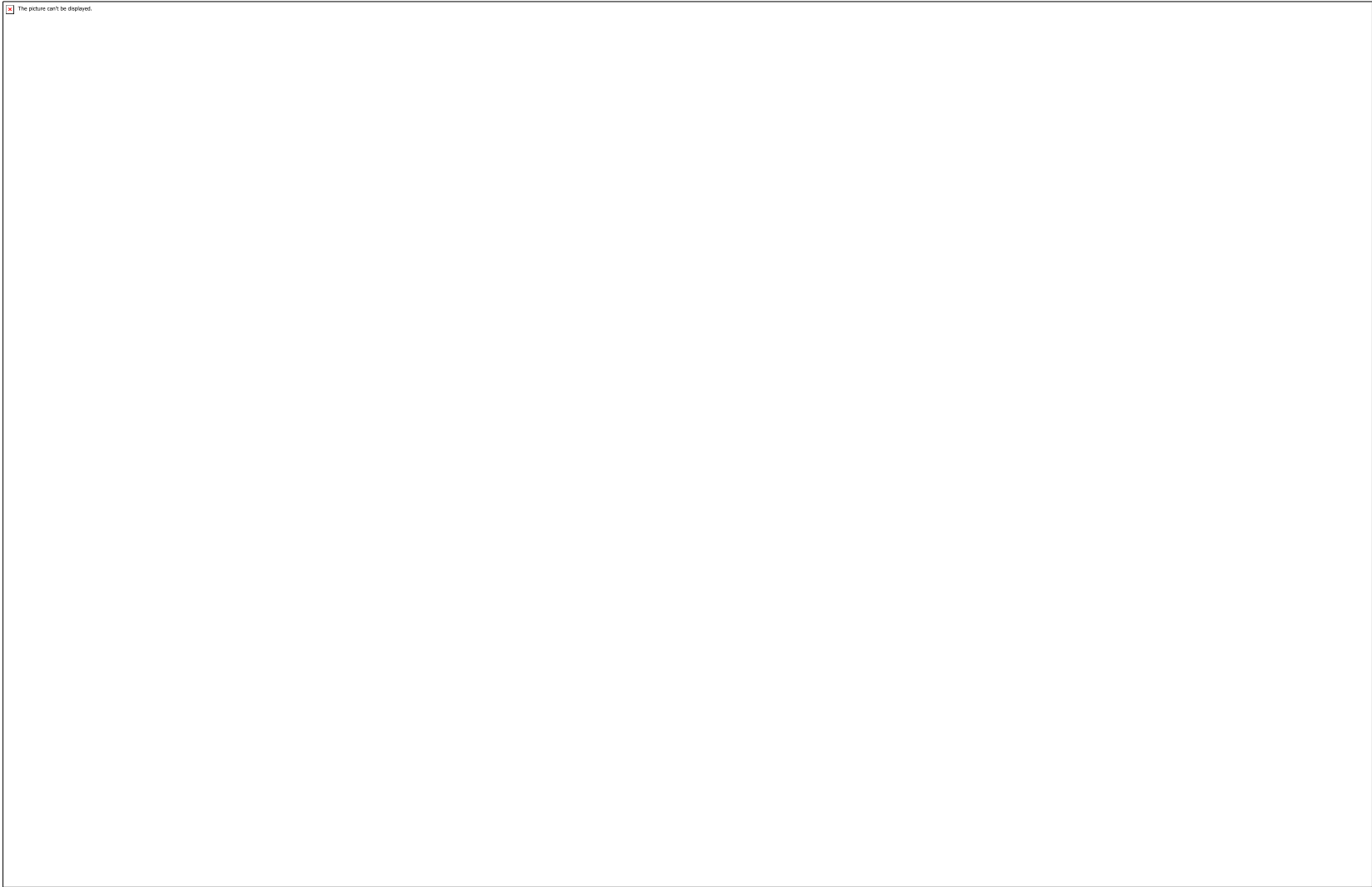






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**At the first stop I could ....** (list the things you could hear and see).

**This made me feel ...** (write down how this location made you feel).

**When I arrived at (enter place), I could...** (list the things you could see and hear).

**This made me feel...** (write how your quiet destination made you feel).

**My favourite stop on the walk was...** (write your favourite location), **because...** (write the reason for your choice).

# Week of Wellbeing

## Lesson 4: Active



**A Week of  
Wellbeing**





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## What are the Five Ways To Wellbeing?

**ACTIVE:** Means taking part in sports or exercise.







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Harry the hedgehog's best friend has been spending time playing with someone else and has not been including Harry.





Frankie the frog heard one of her friends making fun of her to someone else. Frankie's friend did not realise that Frankie heard the nasty comments. Now Frankie is sad.





Olivia the otter was pushed over at break time for no reason by Toby the toad.







Sadiq the swan arrives at school upset about something. By lunchtime he is still sad and is sitting on his own and not joining in with the others.



Kadir the kingfisher's granny has had to go into hospital and Kadir has arrived at school feeling sad.





Harriet the heron has started a new school and does not know anyone. Everyone else seems to have friends but Harriet feels alone.



Willow the water vole is feeling sad that her mum is spending lots of time with her baby brother.

Before her brother was born, she used to have her mum all to herself but now her mum is always busy.





# Week of Wellbeing

## Lesson 5: Learn



**A Week of  
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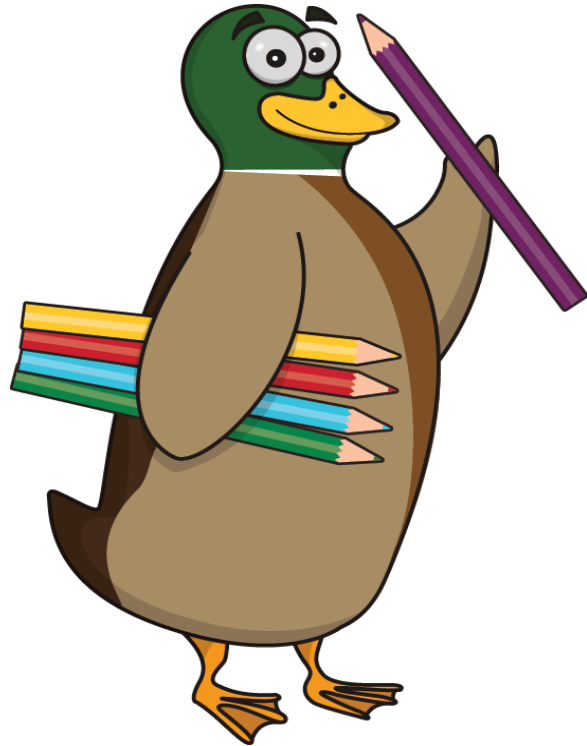




## What are the Five Ways To Wellbeing?

**LEARN:** To get to know new things.





When was the  
last time you  
learnt  
something  
new?








Learning new  
things is good  
for our  
wellbeing





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