



Canal &  
River Trust

# Explorers

# Week of Wellbeing

## Lesson 1: Connect

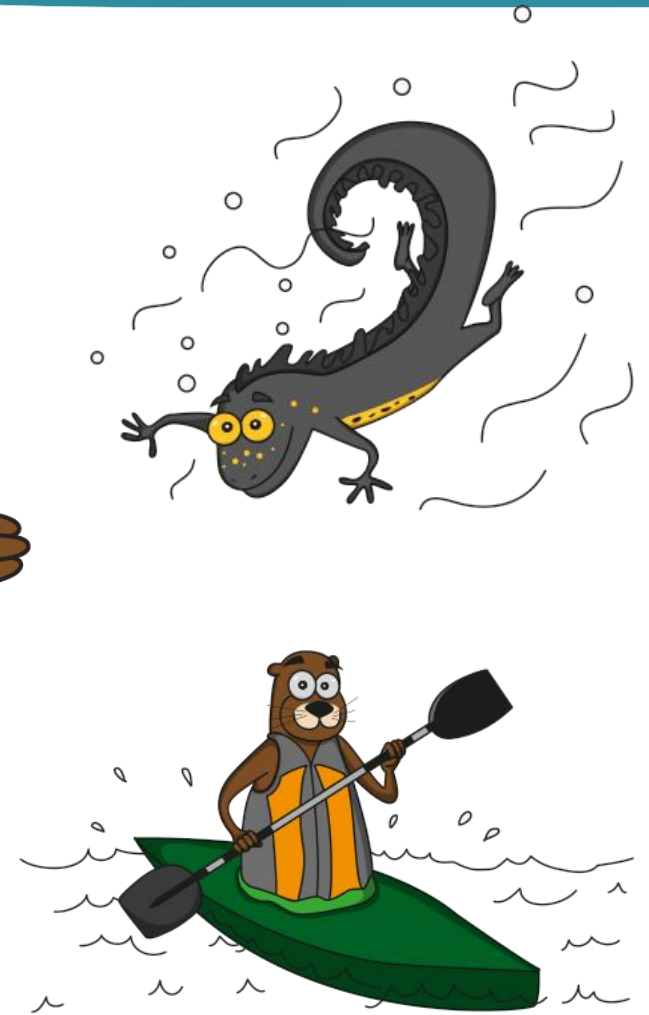


**A Week of  
Wellbeing**

## 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





## 1 Feelings tracker



Draw the face that best represents how you feel at two different times in the day.



Happy



Not sure



Sad



Upset

**Day 1**  
When I woke up I felt:



Because:

*I remembered I have PE this morning*

**Day 1**  
Now I feel:



Because:

*I am seeing my Gran after school*

# Week of Wellbeing

## Lesson 2: Assist



**A Week of  
Wellbeing**



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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  
this week?





How did it make  
the person feel  
when you helped  
them?





How did it make  
you feel?





Can you name  
the five senses?



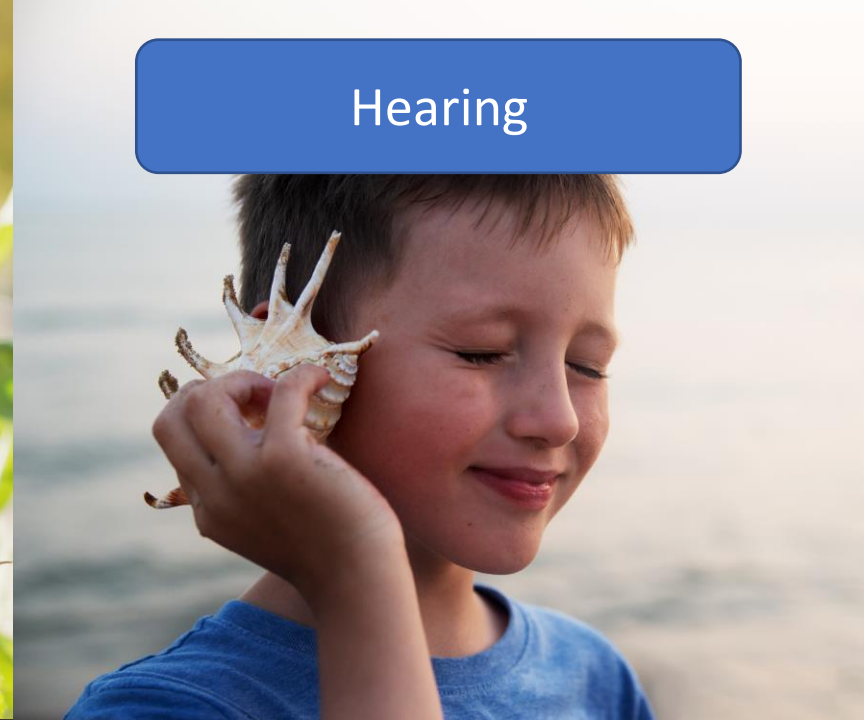
Sight



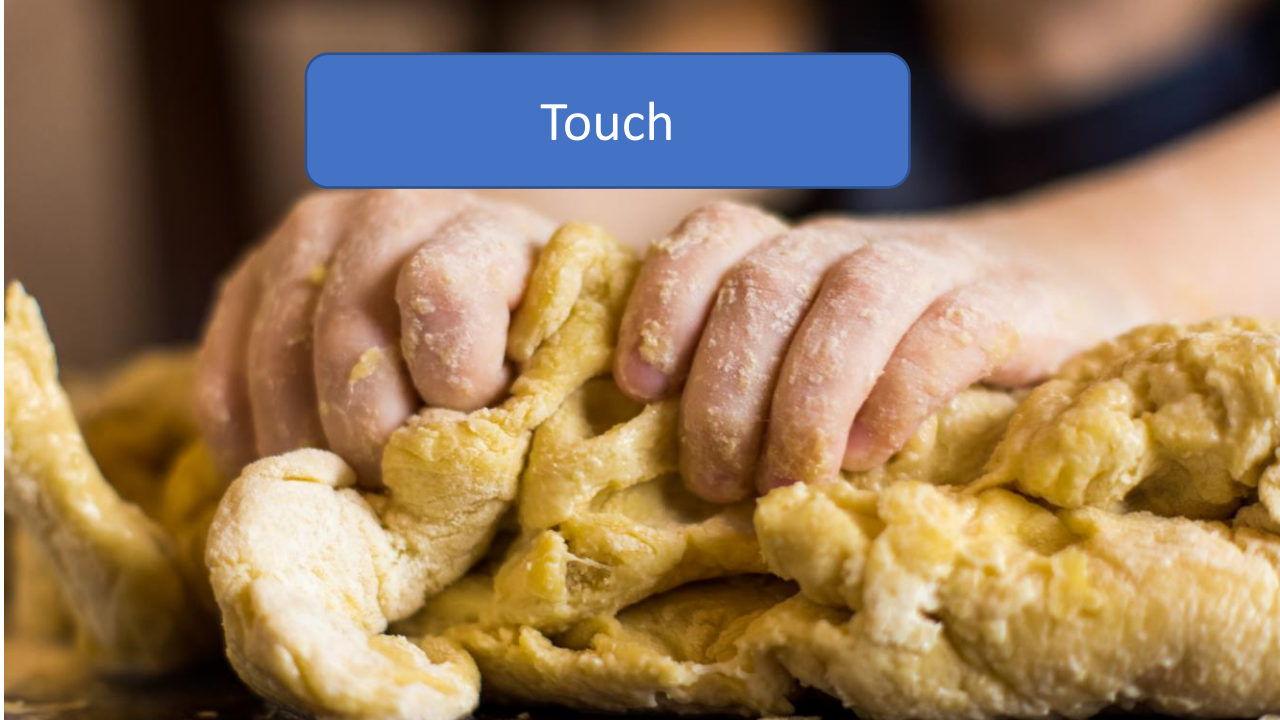
Smell



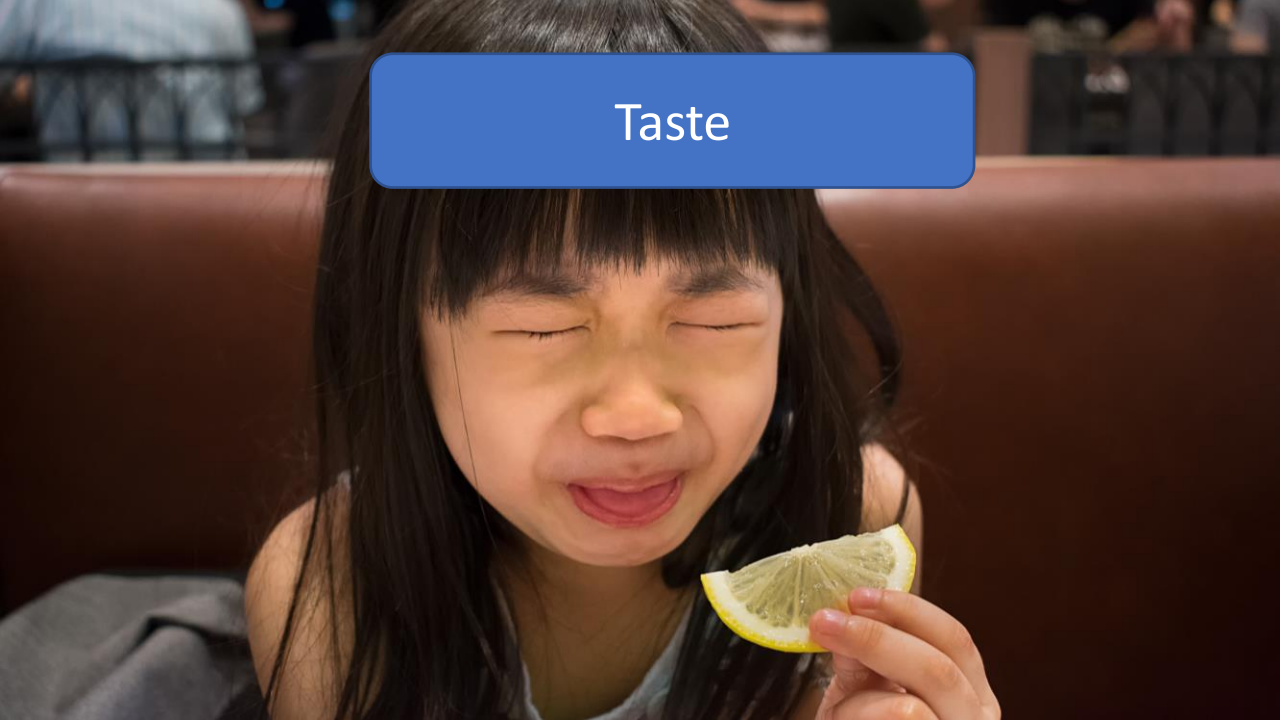
Hearing



Touch



Taste



# Week of Wellbeing

## Lesson 3: Notice



**A Week of  
Wellbeing**





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How do you  
think it feels  
to be here?



A group of people, including children and adults, are walking along a dirt path that runs alongside a river. In the background, a green and white boat is docked. The scene is bright and sunny, with trees and grass visible. A blue circular graphic is overlaid on the left side of the image, containing white text.

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









London Travel Information

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# Week of Wellbeing

## Lesson 4: Active



**A Week of  
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---

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Your best friend has been spending a lot of time playing with someone else and has been ignoring you and leaving you out of their games.



A classmate has written a rude note about you on your workbook and you think you know who did it.



One of your classmates started a rumour about you that is mean and untrue.





One of your classmates arrives at school upset. By lunchtime they are still sad and sat alone on the bench.



One of your family members has been taken into hospital for an emergency operation and you are so worried about them that you can't focus on school or anything else.



You have moved house and it is your first day at a new school where you don't know any other children. All the other children seem to be in their own friendship groups and nobody is coming to talk to you.



Your best friend has moved to another school and now you don't have anyone to play with.

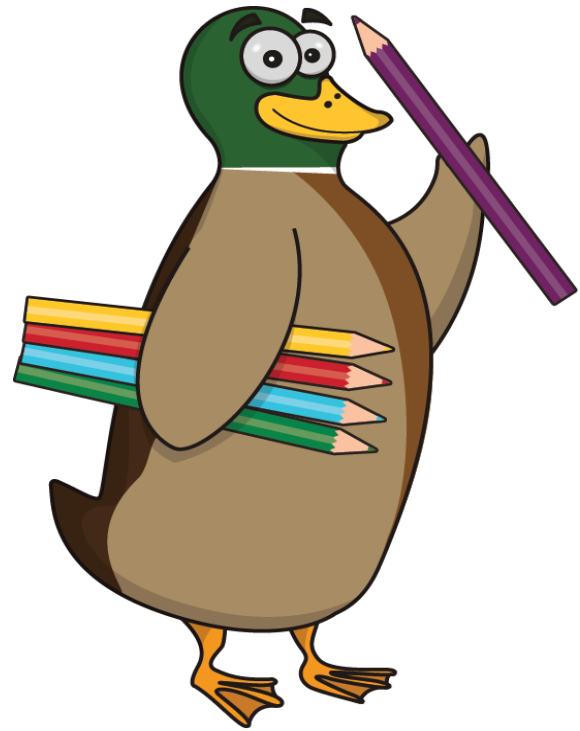


# Week of Wellbeing

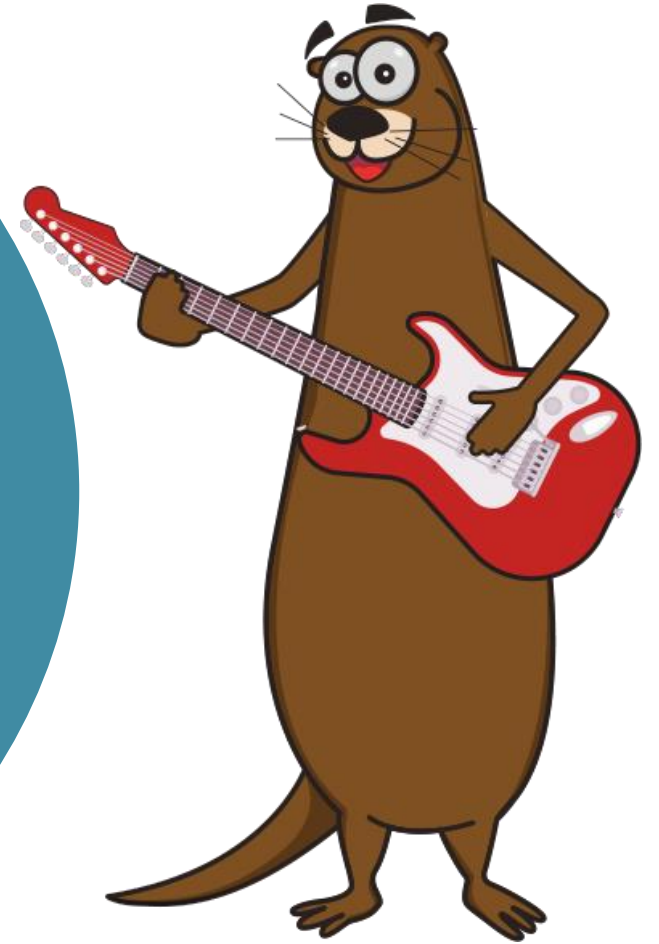
## Lesson 5: Learn



**A Week of  
Wellbeing**



When was the last  
time you learnt  
something new and  
what was it?





Learning new  
things is good for  
our wellbeing and  
improves our self-  
confidence



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