

5 WAYS TO WELLBEING



LEARN

LEARN SOMETHING NEW

CONNECT

CONNECT WITH A FRIEND

TAKE NOTICE

TAKE NOTICE OF HOW YOU FEEL

GIVE

GIVE SOME HELP TO OTHERS

BE ACTIVE

**BE ACTIVE TO IMPROVE YOUR
PHYSICAL AND MENTAL HEALTH**

In creating the Sheffield Schools Skipathon we were keen to have a positive impact not only on children's physical wellbeing, but emotional and mental wellbeing too, particularly in light of current circumstances.

We have therefore made links to the mental health campaign '**5 ways to wellbeing**', and have used a different focus for each day throughout Skipathon week, which we will refer to within our tutorial videos.

We hope you will agree this adds a really positive element to the project.

Additional information on the '5 ways to wellbeing' can be found from mental health charity Mind [here](#) and the NHS [here](#).

There is also a brief video you may find useful. Simply click on the image below to take you to it.

