



SUPPORTING THE MENTAL HEALTH AND WELLBEING OF CHILDREN ACROSS THE NATION!

Free short 5 minute 'Wellbeing Wake-up' videos for younger primary aged children, parents/carers and education staff. These bitesize sessions are based around the 5 ways to wellbeing; connect, be active, take notice, keep learning and give:

1. CONNECT

Connect by creating and playing Giraffes and Trees board game together



2. TAKE NOTICE

Learn to Take Notice by playing the game 5,4,3,2,1



3. GIVE

Learn the importance of giving by making a Thank You card.



4. KEEP LEARNING

Keep learning by recognising emotions and creating them with Play-Doh



5. CONNECT

Wake up & shake up with Zumba before learning how to connect with others



6. KEEP ACTIVE

Keep Active with Becks and her Yoga name game



Please join us in supporting the mental health and wellbeing of children by promoting this new, exciting and FREE project and subscribing to our YouTube Channel: https://www.youtube.com/channel/UCXumjginrAvOILD-1PkJF_g

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