

5 A Day On Wellbeing Way



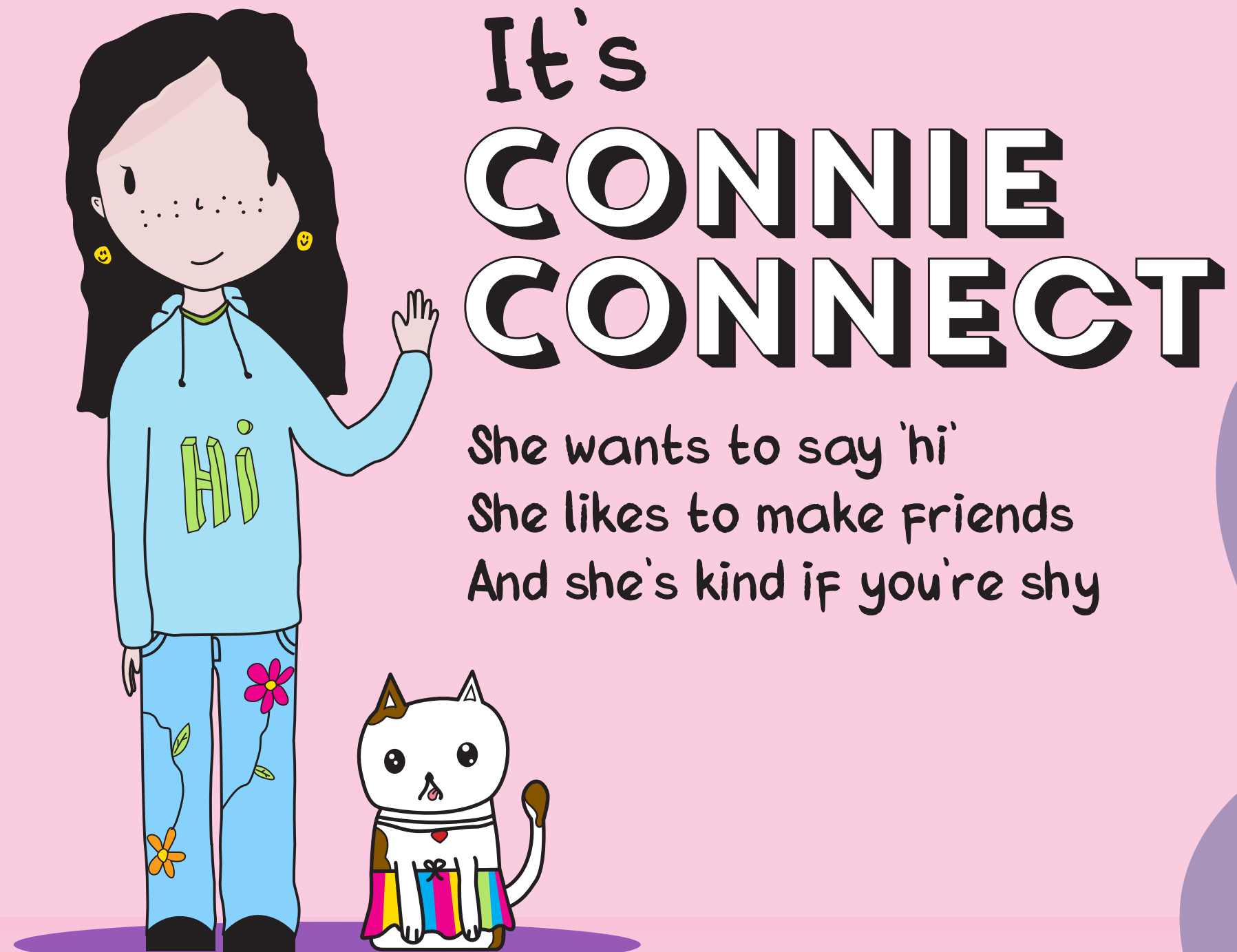
Words by
Elizabeth Spendlove

Use the QR code below to listen
to the audio version of this book



Welcome to Wellbeing Way...
Who are we going to meet today?
There's lots of people to get to know
Let's pop in and say 'hello'

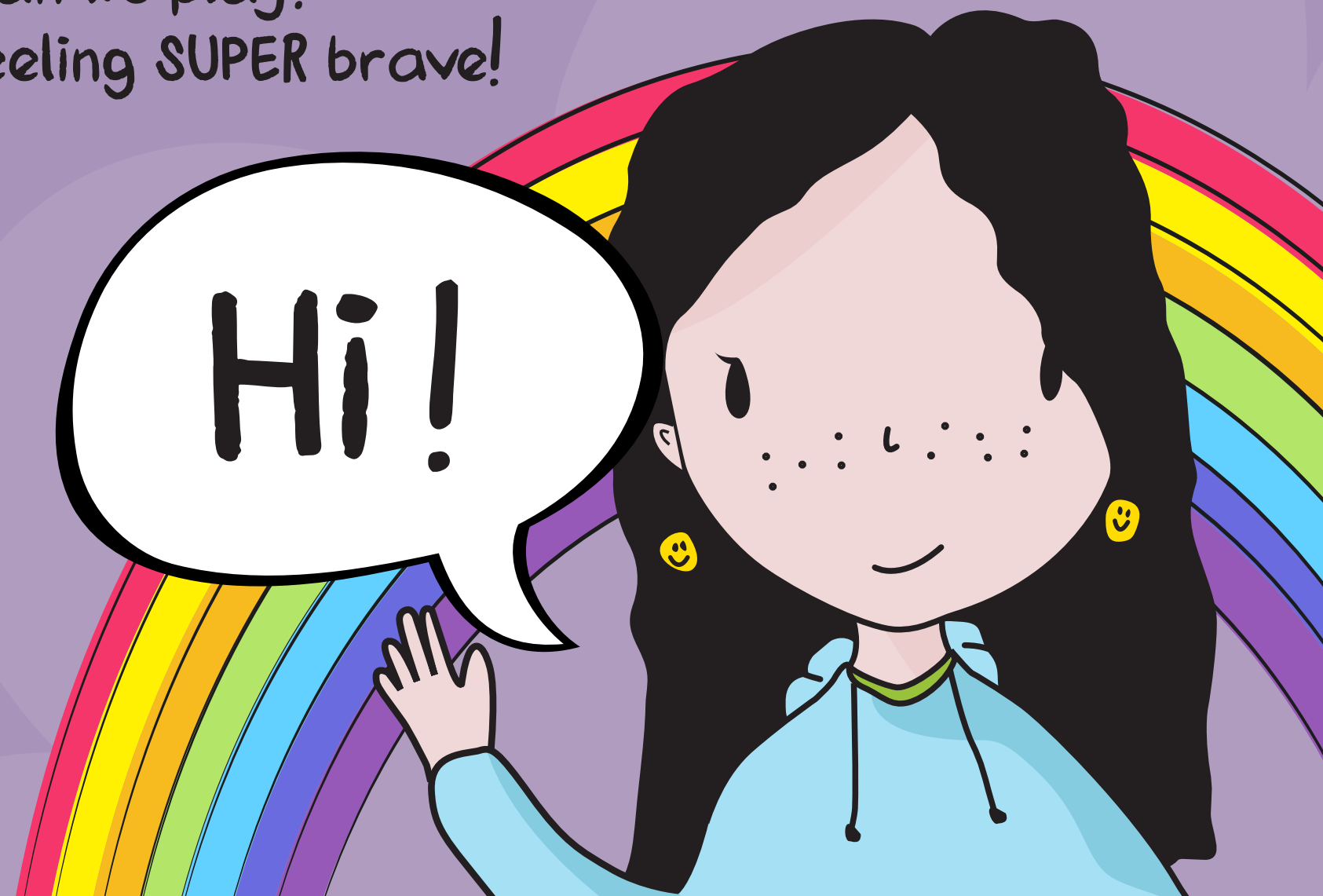




It's **CONNIE CONNECT**

She wants to say 'hi'
She likes to make friends
And she's kind if you're shy

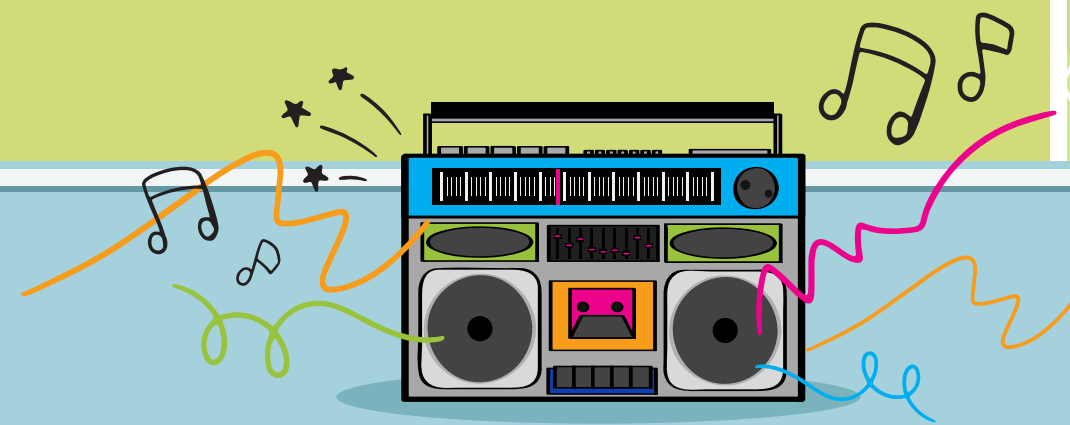
When she's out and about
She gives a smile or a wave
or asks 'can we play?'
If she's feeling **SUPER** brave!



Here's **ACTIVE AKHIM**

Who loves to move,
splash or dance
He doesn't care how
Just give him a chance!

If he feels tired
He knows just the thing
Give a wriggle or a jiggle
And his brain starts to zing!





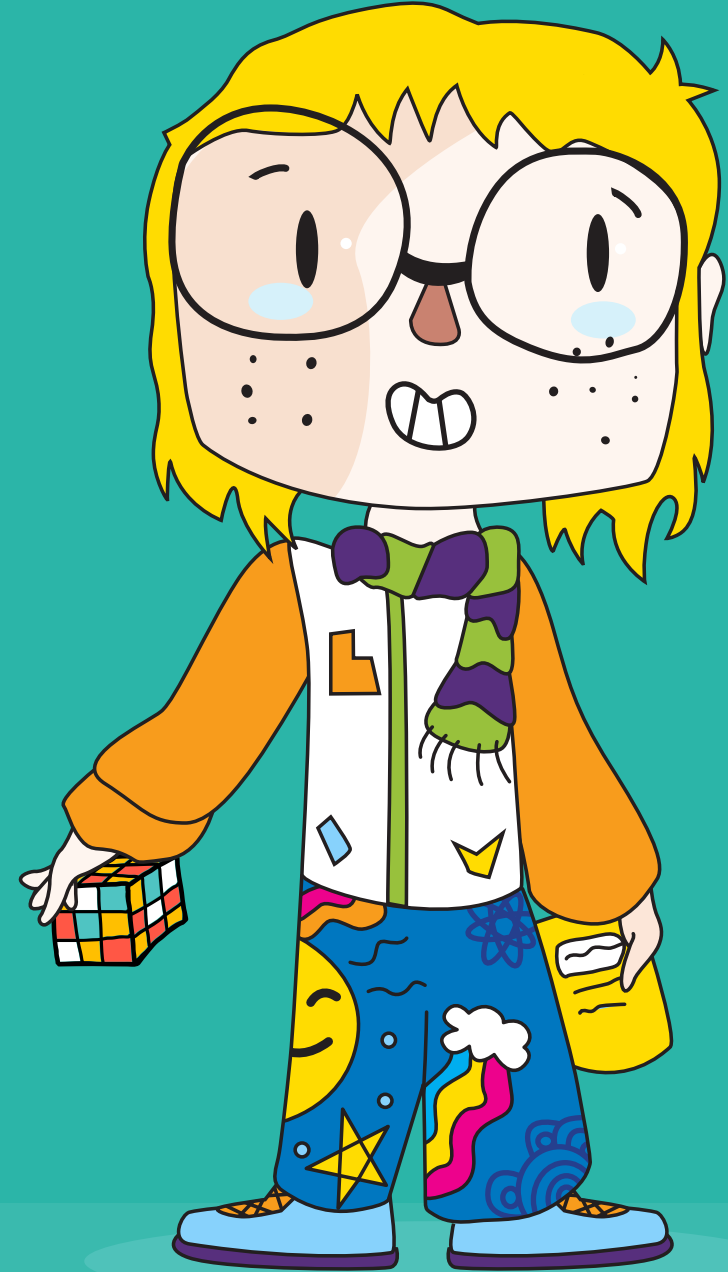
Here's **NOTICING** NINA



She loves to listen and gaze...
At the moon, tiny creatures
The enormous soaring planes

She lets the raindrops tickle
The very end of her nose
and likes to feel the sand slip
between each of her toes

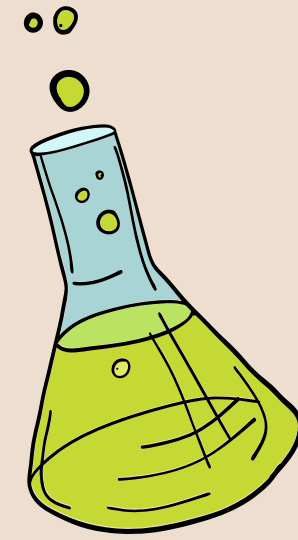




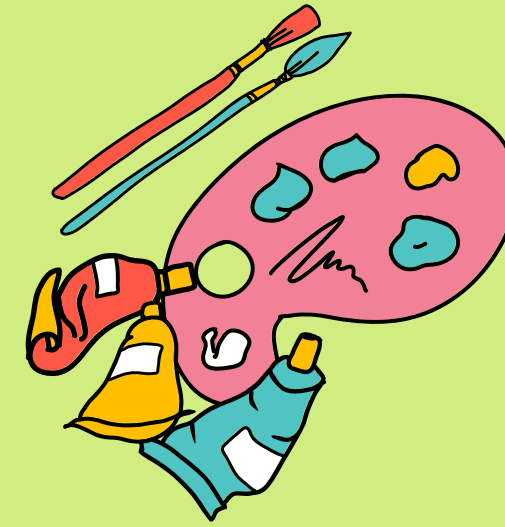
Meet
**LENNY
THE
LEARNER**



Who likes to try their best
But if things don't
work out first time,
'no worries', it's not a test!



Lenny thinks
they'll be
a scientist,



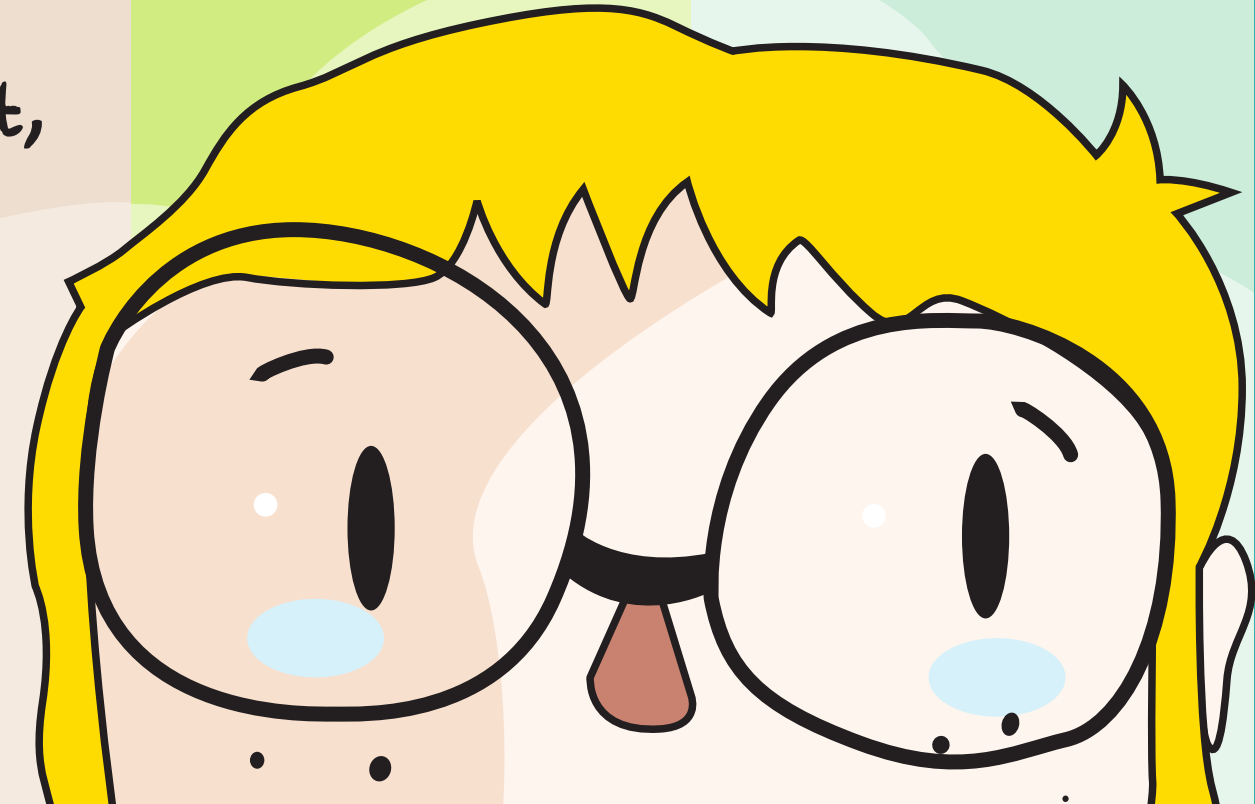
an artist,



or a vet
or nurse



But wants
to learn to
tell the time
And tie their
laces first



Here's **GIVING** **GILBERT**

He's kind to girls and boys
He puts his litter in the bin
And helps tidy up the toys



Thanks
for sharing

Amazing!

So
kind

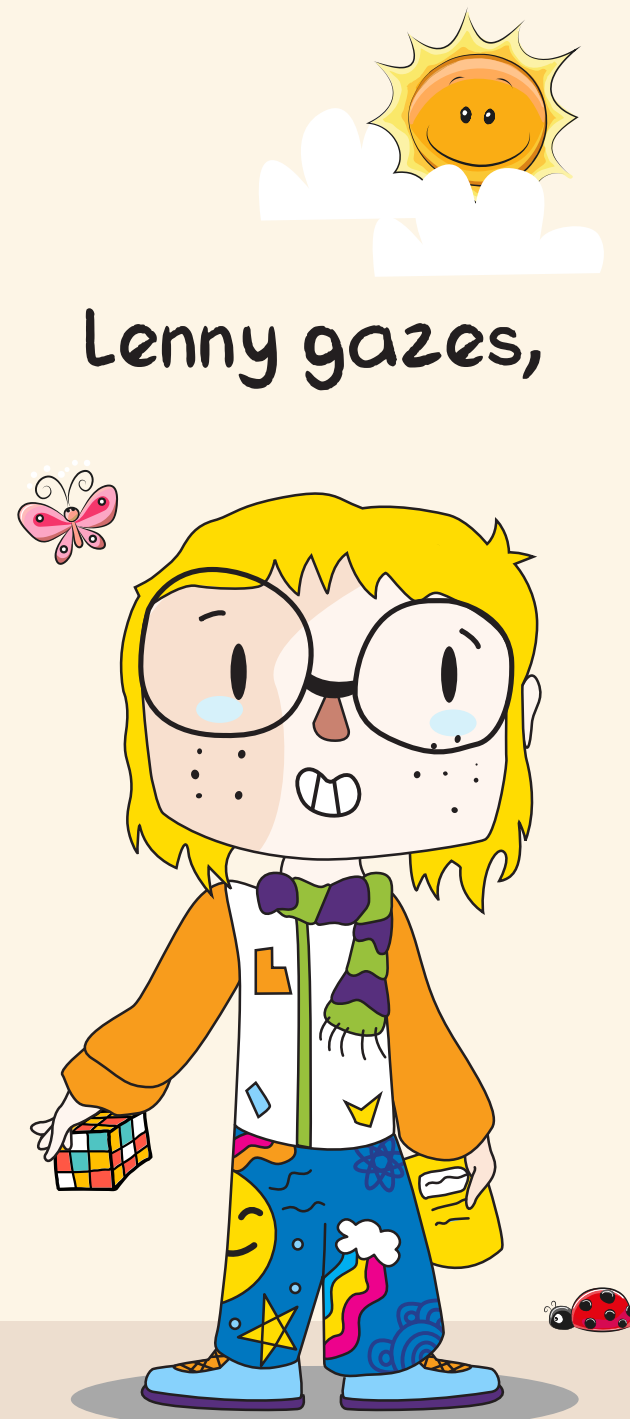
What a
Friend

You're great

He gives his sister little hugs
He is full of love and care
He likes to help out all his friends
And tries REALLY hard to share!

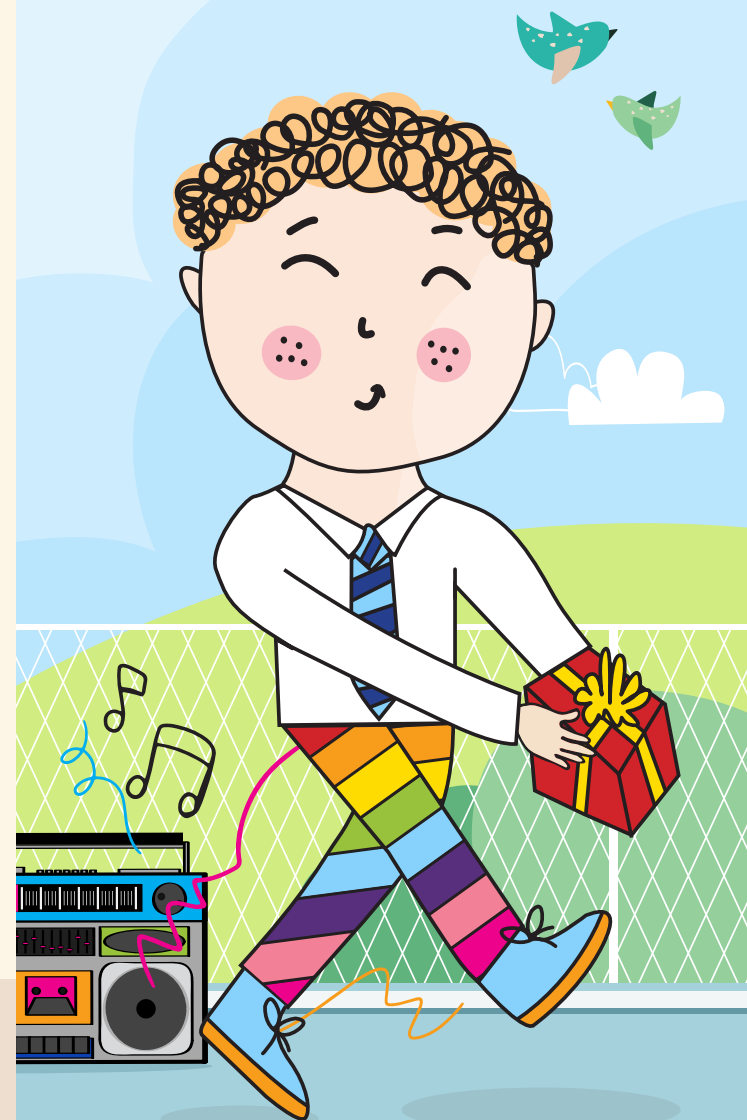
And do you
know what's
the biggest
treat?

When all
five children
get to meet...



Lenny gazes,

Gilbert
dances,



Akhim shares,



Connie has
answers,



Nina joins in
with all her
friends



And happy together
another day ends.



5 Ways to Wellbeing Song

(Sing along with us to the tune of five green bottles sitting on the wall)

Use the QR code below to see the video version of this song with makaton actions.



Give yourself 5
to have a happy day

Give yourself 5
to have a happy day

Connect, move and notice
And happy you can stay

Keep learning and giving
And have a happy day!

Acknowledgements

With thanks to the children and staff at Rockmount Primary School for their ideas, reading, singing and signing!

About the project

The five ways to Wellbeing is a research backed initiative (NEF 2008) designed to offer simple ways to improve our wellbeing everyday.

The project is funded by The Department for Education and resources developed by Croydon Council.

For lots more information and ideas follow the QR code below



CROYDON
www.croydon.gov.uk



As you read
encourage
conversation
and movement!

What does
wellbeing mean?

- feeling good
- being well



**CONNIE
CONNECT**

Who can you
say 'hi' to?

A bus driver,
shop keeper,
someone new in park.
wave to a person
next to you...



**ACTIVE
AKHIM**

What is your
favourite activity?

Splashing, climbing
or yoga.

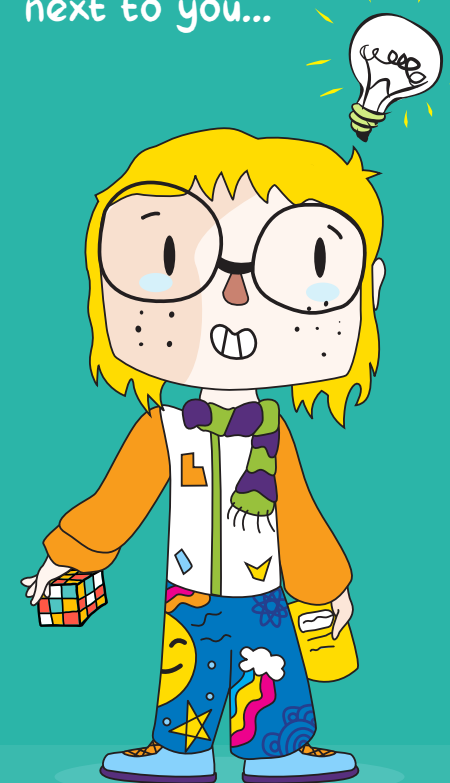
Wiggle or jiggle
for 10 seconds...



**NOTICING
NINA**

Use your senses
to notice?

Find one thing you
can touch, hear,
see, smell, taste...



**LENNY
THE
LEARNER**

Can you think of
something you are
learning to do?

Well done for trying
hard! Give a high
five to the person
next to you...



**GIVING
GILBERT**

Can you remember
when someone
helped you?

How did it make
you feel? Share a
smile with a person
next to you.



5 A Day On Wellbeing Way

Join the children on Wellbeing Way to find out how they bring happiness into their lives everyday.

This interactive storybook has been created to introduce The 5 ways to Wellbeing to young children.

This is a research backed initiative which provides simple ways to improve wellbeing everyday. Wellbeing is feeling good and functioning well. (NEF 2008)

Words by
Elizabeth Spendlove

Design by
Andrew Keen

Original characters hand drawn by
Elspeth, Hamish, Erin, Isobel, Nicole and
Maya of Rockmount Primary School

CONNECT

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE