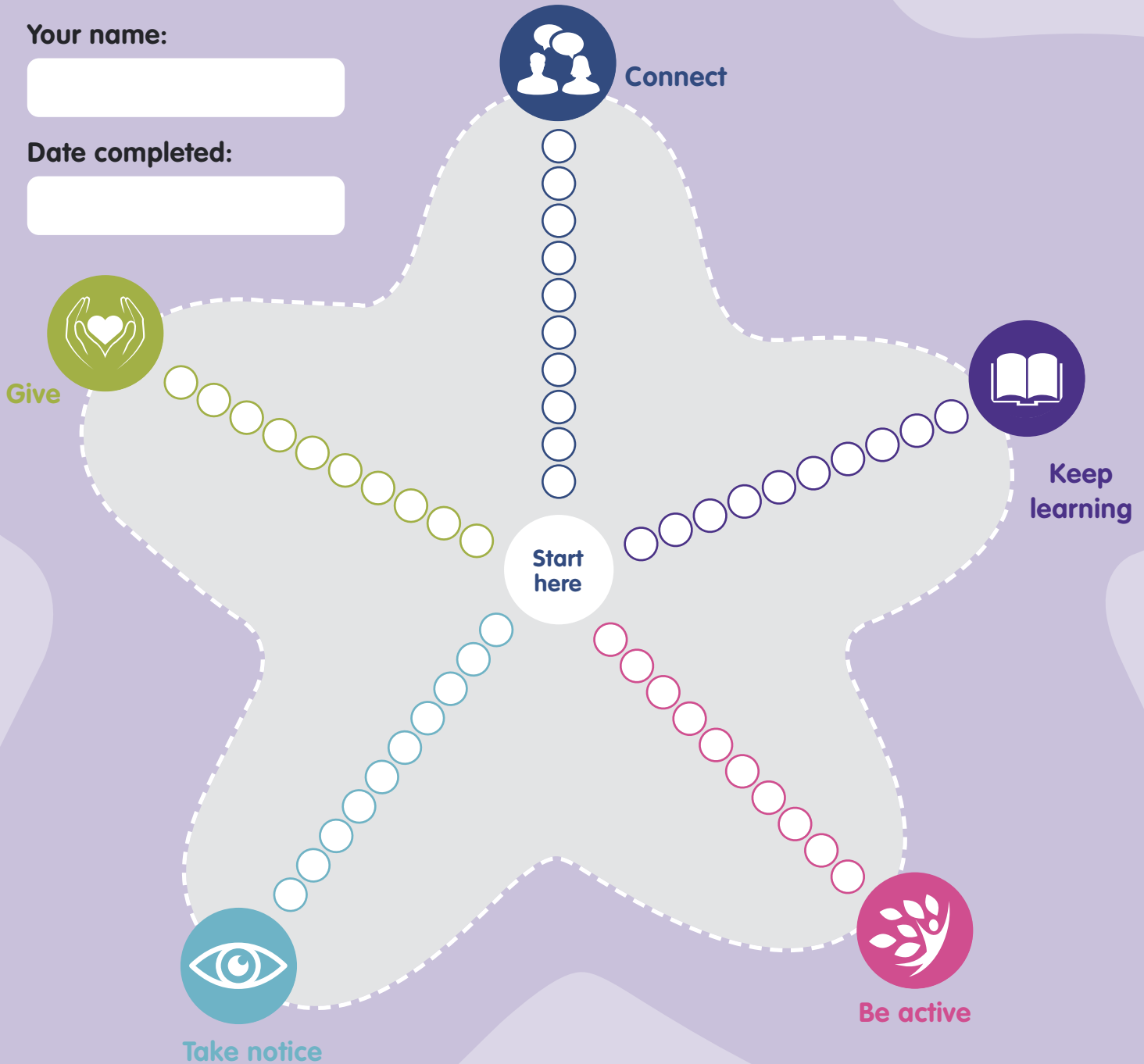


Take 5 steps to wellbeing star

Start this exercise by completing the sections on the next page and mark your score on the wellbeing star below starting at the centre.

Your name:

Date completed:



The more of the Take 5 steps that you can do, the better!

Take 5 steps to wellbeing star

In the last week / month how many of the activities listed below have you done?

Count how many in each category and mark your result on your star.
Count the circles out from the centre and mark your score for each.



Connect

- At home
- Close family
- Extended family
- Friends
- Colleagues
- At work / school / church / group
- Neighbours
- In your community
- Say hello to someone
- A professional (Dr., chemist etc.)
- Another



Keep learning

- Watch a documentary
- Read a book
- Try something new
- Rediscover an old interest
- Sign up for / do a course
- Take on a different responsibility
- Fix something
- Learn to play / sing a tune
- Cook a different recipe
- Set yourself a challenge
- Another



Be active

- Walk
- Run
- Housework
- DIY
- Cycle
- Played a game
- Garden
- Dance
- Exercise
- Went to the shops
- Another



Take notice

- Be curious
- Savour the moment
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Taste your food
- Have a conversation
- Watch and listen to the news
- Be aware of the world around you
- Reflect on your experiences
- Another



Give

- Do something nice for a friend
- Do a random act of kindness
- Thank someone
- Smile
- Volunteer your time
- Be active in a community group
- Donate unwanted items
- Visit a neighbour
- Feed the birds
- A compliment
- Another

Take 5 steps to wellbeing Project Planning Tool



Project Name:

Take 5 elements supported: **Connect**  **Keep learning**  **Be active**  **Take notice**  **Give** 

Take 5 Outcomes

What the project will achieve, e.g. Connect, Keep learning

Outputs

The activities that will happen

Inputs

What resources you need to make it happen

Milestones

When things happen and who will do it

Evaluation

How you will know how well you are doing

Take 5 steps to wellbeing Planning Tool

Project Name:

Take 5 elements supported: **Connect**  **Keep learning**  **Be active**  **Take notice**  **Give** 

Take 5 Outcomes

What the project will achieve, e.g. Connect, Keep learning

Outputs

The activities that will happen

Inputs

What resources you need to make it happen

Milestones






When things happen and who will do it

Evaluation

How you will know how well you are doing

Take 5 steps to wellbeing Organisational Audit Tool



	What you do	Who benefits	What other Take 5 messages does this link with?	Areas for development
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

Take 5 steps to wellbeing organisation pledge



Use this pledge to show how you intend to use Take 5 steps to wellbeing in your organisation.

We will...

Take 5 shortened Evaluation Questionnaire

Name of Event:

Date:

Please take some time to complete this questionnaire to help us improve our services

How did you enjoy today's activity/event?

1st Class 😊 Good 😊 Alright 😐 Poor 😞

During the activity/event did you connect well with others?

1st Class 😊 Good 😊 Alright 😐 Poor 😞

During the activity/event did you meet new people?

1st Class 😊 Good 😊 Alright 😐 Poor 😞

Has the activity/event raised awareness of your own needs or others around you?

Very well 😊 Quite well 😊 Fairly well 😐 Not well at all 😞

During the activity/event did you take part in any physical activity, if yes was it?

1st Class 😊 Good 😊 Alright 😐 Poor 😞

6) Would you normally take part in physical activity?

Yes No

7) Did you learn anything new today?

Did the event give you a better understanding of the Take 5 steps to wellbeing messages?

Very well Quite well Fairly well Not well at all

Which of the Take 5 steps did you least understand, if any?

Connect Give Be active Take notice Keep learning Understood them all






As a result of today's event will you use the Take 5 messages in your everyday life?

Yes No Not sure

Is there anything you would like to say about today's activity/event or how it made you feel?

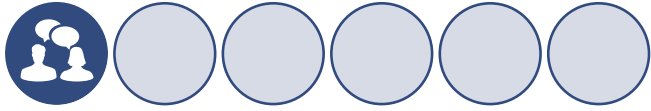
Take 5 steps to wellbeing Community Mapping Tool



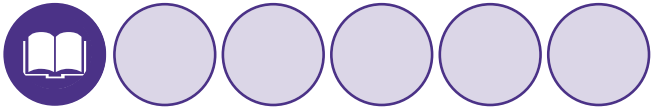
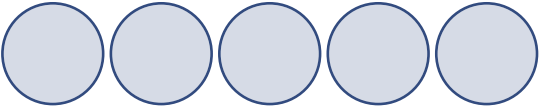
	What it is	Who it is for	Where it is	Areas for development
 <p>Connect</p>				
 <p>Keep learning</p>				
 <p>Be active</p>				
 <p>Take notice</p>				
 <p>Give</p>				

Take 5 reminder card

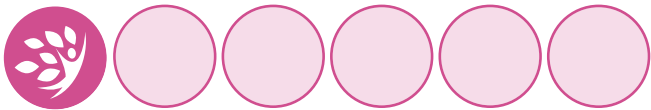
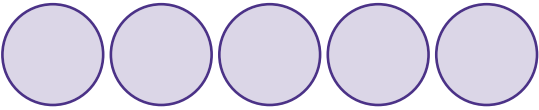
Keep this in your wallet and give one to a friend. Use the card to remind you what you have done or to think about what more you would like to do.



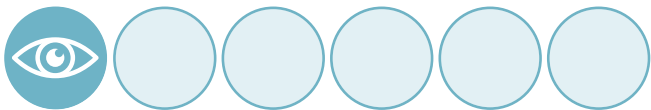
Connect



Keep learning



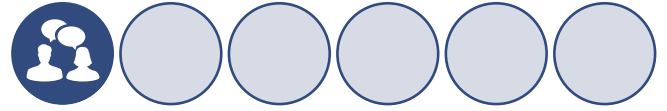
Be active



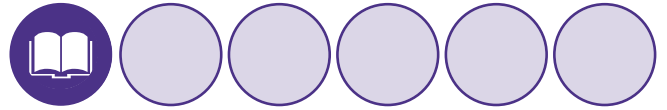
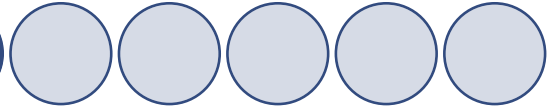
Take notice



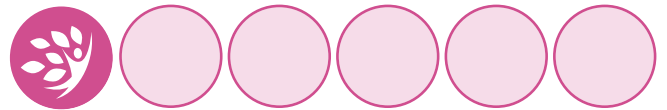
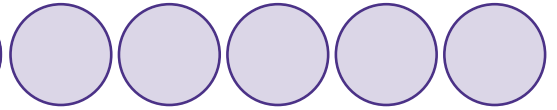
Give



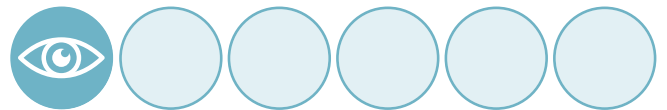
Connect



Keep learning



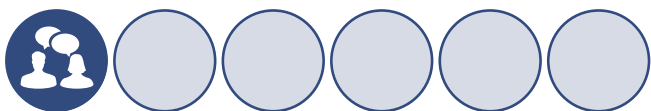
Be active



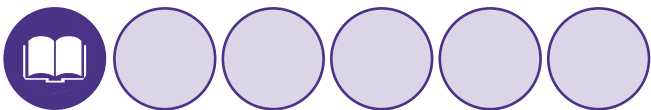
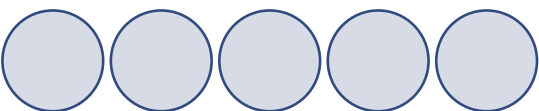
Take notice



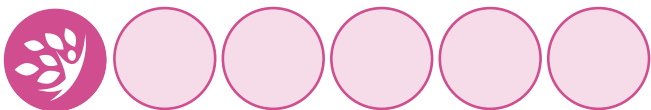
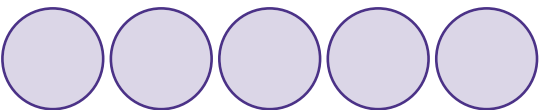
Give



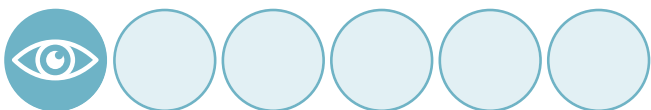
Connect



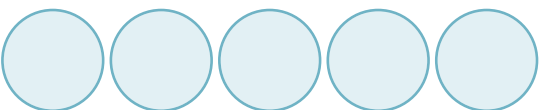
Keep learning



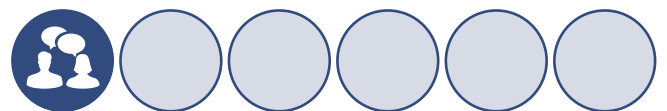
Be active



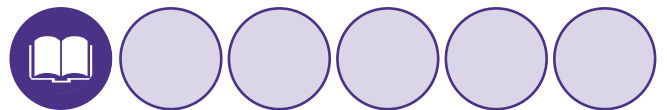
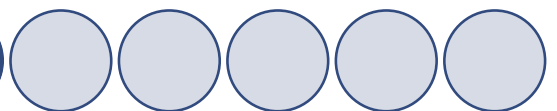
Take notice



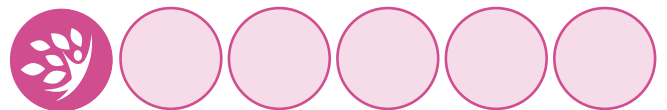
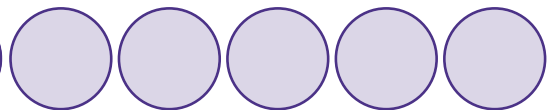
Give



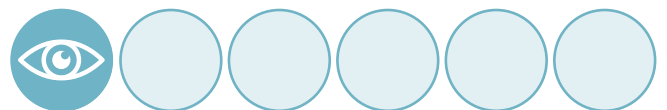
Connect



Keep learning



Be active



Take notice



Give



Take 5 Activity Evaluation form



Name:

Date:

Thank you for participating in this activity and we hope you found it useful. We would welcome your feedback and we would ask that you take a few minutes to complete this form and leave it with us. Thank you.

1. How would you rate your understanding of the Take 5 messages BEFORE and AFTER the activity?

1 is a low level and 5 is a high level of understanding (please circle)

Before

Connect	1	2	3	4	5
Keep learning	1	2	3	4	5
Be active	1	2	3	4	5
Take notice	1	2	3	4	5
Give	1	2	3	4	5

After

Connect	1	2	3	4	5
Keep learning	1	2	3	4	5
Be active	1	2	3	4	5
Take notice	1	2	3	4	5
Give	1	2	3	4	5



2. During the activity did you connect with others? (please circle)

Please Comment:

Yes

No



3. Did you learn anything new? (please circle)

Please Comment:

Yes

No



4. During the activity were you more physically active? (please circle)

Please Comment:

Yes

No



5. Has the activity raised your awareness of your needs and others around you? (please circle)

Please Comment:

Yes

No



6. As a result of this activity are you more likely to give your time to others? (please circle)

Please Comment:

Yes

No

7. As a result of the activity how likely are you to use the Take 5 messages in your everyday life?

1 is a low level and 5 is a high level of likelihood *(please circle)*

1 2 3 4 5

Please Comment:

8. Please tell us what was most useful to you

9. Please tell us what was least useful to you

10. Please tell us any suggestions you have that would improve the experience




11. Have you any other comments?

Thank you for taking the time to complete this evaluation.

My Take 5 steps to wellbeing self-assessment - Part 1








The Take 5 messages are things that are easily achievable for anyone to incorporate in their everyday lives and you are probably doing some of these things already. Think about each of the Take 5 messages and what you have done recently.

	What are the things you are already doing?	What benefits do you get from these things?
 Connect		
 Keep learning		
 Be active		
 Take notice		
 Give		

My Take 5 steps to wellbeing self-assessment - Part 2



Think about what things you would want to continue doing or do more of. Are there other things that you would like to do that would be of benefit to you? It is important to set goals that are achievable so think about what could make it hard for you to do them and also what would help or support you to achieve them. Review your progress after a few days or weeks to see how well you are doing in meeting your goals.

	Goals What else would you want to do and when?	Obstacles What would make it difficult for you to do this?	Supports What would help you to do this?	Review How well are you doing?
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

My Take 5 steps to wellbeing pledge



How will you use Take 5 steps to wellbeing in your everyday life?
Put as much or as little in the pledge as you like.

I will...

Take 5 steps to wellbeing Community Calendar

Complete this template to share the opportunities available in your community, colour coded to the Take 5 elements. This is an example; a plain version is available separately or can be downloaded at: www.makinglifebettertogether.com



Connect



Keep learning



Be active



Take notice



Give

