

for your family's wellbeing

How do you Take 5?

Take 5 steps to wellbeing are five simple activities that you, your child and your family can do that will have a positive effect on everyone's wellbeing.

Developing a strong sense of wellbeing helps parents, children and teenagers manage the challenges of everyday life and helps to build resilience.

Think about the Take 5 messages. Talk about what you already do as a family, such as going to the park (Be active) or talking about your day (Take notice). Think about what you would like to do more of or find other things you would like to do together as a family. These are goals you can come back to and discuss. Then use the wallchart overleaf to record how your family includes Take 5 over a week.



**Making life better,
together**
Belfast Strategic Partnership

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www.makinglifebettertogether.com

Take 5 steps to wellbeing messages

Connect: Eat meals together and talk. Encourage your child to make and maintain friendships. Help them foster meaningful connections with others through school, community, sports and family.



Ideas: Look out for family friendly events across the city. Belfast City Council's website is a good place to start: www.belfastcity.gov.uk

Keep learning: Read together; visit a museum; make something together. Learning is vital for social and cognitive development. Encouraging your child to learn new skills and be creative will boost their self-confidence.



Ideas: The Belfast Festival of Learning is a week-long celebration held in March every year with events for all ages. More details at: www.makinglifebettertogether.com

Be active: Play together; go for walks; cycle. Play is essential for children's development. Exercising regularly has lots of health benefits; it improves fitness, lowers stress, improves posture and balance, encourages healthy growth and development and helps you sleep better.



Ideas: Find out what activities are on at your leisure centre or what sports clubs are available locally; Junior Parkrun is a 2km run for 4 to 14 year olds, check out www.belfastrunning.com/parkruns for details.

Take notice: Look at nature together; talk about your day over meals; think about things you are grateful for. Being curious and aware of things around them helps children to learn and be aware of their thoughts and feelings.



Ideas: Take a walk through your local park or try out the Saturday morning Park Life clubs; more details are on the Belfast City Council website: www.belfastcity.gov.uk/
Visit one of our local museums; details at: www.nmni.com/Home.aspx

Give: Make a present for someone; say something nice; give some time to help someone else. When we are kind to others and give our time and energy to someone else, it is very rewarding and helps children understand empathy.








Ideas: Try out a simple recipe and share them with a neighbour or invite some friends over for something to eat. Find lots of recipe ideas at www.letsgetcooking.org.uk or www.foodafactoflife.org.uk.

Take 5 Family Wallchart

Use this chart to record what you do as a family against each of the Take 5 messages. Each day write or draw what you did in the box for that day. This could be a real focal point for you to talk about it as a family throughout the week.

Put a Take 5 sticker in the box for each of the Take 5 messages you have done. At the end of the week, see how many of your goals you have achieved or how many of the Take 5 steps you have done and celebrate this in some way as a family.

As family we will	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Connect							
 Keep learning							
 Be active							
 Take notice							
 Give							

How well did you do? 