



## **St Bernadette's 5 Ways to Well-Being Progression Map**

	<b>Early Years</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Connect</b>	Provide children with opportunities to spend time with their friends. Talk about how this made them feel.	Provide children with opportunities to spend time with their friends. Talk about how this made them feel. Discuss how spending time with their family makes them feel.	Understand the different ways in which we can connect with people (friends, people on the playground, hobbies). Discuss feelings that are associated with this.	Understand the importance of connecting with friends and family. Children to reflect on what they currently do to connect. Discuss ways in which they could connect more with people.	Understand the importance of connecting with friends and family and how it can improve wellbeing. Discuss other ways in which we can connect with people.	Understand that connecting with people fills people with positive feelings and can help people with their mental health. Provide children with the opportunity to connect with others.	Understand that connecting gives people a sense of belonging and self-worth. Understand how connecting can help people with their mental health. Discuss mental health and lack of connections. Provide children with the opportunity to connect with others and allow them to set goals to connect.
<b>Be Active</b>	Provide opportunities for young children to be active and	Provide opportunities for young children to be active. Begin	Provide opportunities for young children to be active.	Children to understand the importance of regular exercise daily	Children to understand the importance of regular exercise daily and how to	Understand the importance of being active and how this contributes	Understand the importance of being active and how this

	how fun it can be.	to understand how being active makes us feel.	Children to begin to understand the importance of exercise and how it can make us feel.	and how to achieve this. Discuss how exercise makes us feel good and other positive effects it has on the body.	achieve this. Children to understand how being active contributes positively to our mental health.	positively to our mental health (briefly discuss endorphins).	contributes to our mental health (discuss endorphins). Discuss the risks associated with an inactive lifestyle.
<b>Take Notice</b>	Children to take notice of things they can see around them.	Children to take notice of their senses around them – what they can see, hear, touch, smell and taste.	Children to take notice of their senses. Provide children the opportunity to take notice of how music makes them feel.	Provide children the opportunity to take notice of the positives they've experienced throughout the day. G.L.A.D approach (something they're grateful for, learned today, accomplished, brought them delight).	Take notice of the outdoors. Children to discuss how this has a positive impact on their mental health.	Children to take notice of their senses. Provide children the opportunity to discuss how taking notice makes them feel. Take notice of things that they are grateful for each day.	Provide children with the opportunity to take notice of their environment over a period of time e.g. choose your garden or part of a park and take notice to see what changes have happened in that space over the week.
<b>Keep Learning</b>	Children to learn something new together e.g. song or dance and discuss how this can make us feel happy.	Children to learn something new together e.g. song or dance and explore feelings linked with this.	Children to learn something new together e.g. key words in a different language, sign language and explore	Children to learn a new skill and discuss the positive emotions connected with this. Discuss how this can	Children to learn a new skill and be aware of the importance of this and how it can help to make people feel a sense of accomplishment.	Understand the importance of learning a new skill and how this can boost self-confidence and raise self-esteem. Learn	Understand the importance of learning a new skill and how this can boost self-confidence, raise self-

			feelings linked with this.	help those who may be feeling down.	Discuss how learning new skills can help to support people and give them a sense of purpose.	something new together and discuss emotions and feelings linked with this (briefly discuss dopamine).	esteem and give people a sense of purpose. Learn something new together and discuss emotions and feelings linked with this (discuss dopamine).
<b>Give</b>	Encourage children to give something to a friend e.g. a smile, a hug, sharing a toy and discuss how that makes them feel.	Children to understand that we can give in lots of different ways e.g. giving parents help tidying at home, giving someone help in the classroom. Discuss how this makes themselves and others feel.	Children to discuss different ways of giving (allow them to create their own ideas). Discuss how each of these ideas makes themselves and others feel. Discuss how we should give without being asked.	Discuss how we can give to our friends, school, the local community and beyond (e.g. worldwide charities). Discuss how giving can be positive in each of these settings.	Discuss how we can give to our friends, the local community and beyond. Discuss how giving can be positive in each of these settings. Discuss the balance of giving and receiving (link with RE topic).	Discuss simple acts of 'giving' such as giving someone a friendly ear, giving someone time etc and how this makes themselves and others feel. Then move onto giving to a charity e.g. CAFOD and discuss how people 'giving' has a positive impact.	Discuss giving and receiving in different situations e.g. within school, friendships, local community and the wider world. Discuss how giving makes themselves and others feel. Children to understand the balance of giving and receiving and how this is important.

**Connect** - Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

**Be Active** - Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective.

**Take Notice** - Take time during your day to be more aware of your surroundings and notice the present moment. Be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

**Keep Learning** - Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby or try learning a new skill.

**Give** - Giving can be a great way to look after your wellbeing. Giving can lift your mood.

Useful link: [5-ways-of-wellbeing-information-march21-1.pdf \(primarysite-prod-sorted.s3.amazonaws.com\)](https://primarysite-prod-sorted.s3.amazonaws.com/5-ways-of-wellbeing-information-march21-1.pdf)