

WELCOME

Following the Five Ways to Wellbeing can protect and improve your mental health. If you can't manage all five every day, that's ok. Even doing just one is still an important step towards building positive habits! Here are some worksheets that can help.



CONNECTING

Connecting with others can make us feel happy, whether this is spending time with family, chatting with friends, playing games or sports with others or spending time with our pets. It is also important to think of a trusted adult in your life who you would feel comfortable speaking to if you are struggling – this could be a family member, someone at school or sports coach.



GETTING ACTIVE

Scientists have proved that being active and doing exercise increases our happiness. This could be playing your favourite sport, dancing or even just getting outside for a walk. The important thing is to do something you enjoy.



KEEP LEARNING

The world is full of opportunities to learn new things and develop new skills, which will also help you learn more about yourself. You could learn a language or how to code, develop your artistic skills or read books about something that interests you. It's up to you.



give to others

Helping others can make us feel good about ourselves. Why not offer to cook a meal for your family, or do something nice for a friend? You might like to raise money for a charity that is important to you, or do a litter pick or a beach clean.



TAKE NOTICE

Life can be busy, and if we are not careful we can worry about things that have happened or that are going to happen. Taking time to live in the moment, and take notice of how we feel, is an important skill to develop. You might like to try mindfulness, or just take time to sit quietly in your favourite spot and do some deep breathing. Some people like to keep a positivity journal, writing down three things each day that made them feel good that day.

WELLBEING SCAVENGER HUNT

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. There's space to add other items to this list, such as something that reminds you of a family member, a special friend, teacher or pet. You could also make it an activity for your family or class and turn it into a 'show and tell' session. You might find each other's items inspiring!

WELLBEING SCAVENGER HUNT	
🔲 makes you happy	
🔲 makes you feel calm	
🔲 makes you laugh	6
reminds you of someone you love	
🔲 helps you sleep	
🔲 makes you feel grateful	
makes you think of your friends	
□	

FOR PARENTS/CARERS

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: charliewaller.org/information/mental-wellbeing/talking-to-children-about-feelings

WELLBEING WORDSEARCH

Find all ten positive words below in the letter grid. The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on **page 9**).

CONNECT	LAUGH
ACTIVE	Love
GIVE	INSPIRE
NOTICE	BREATHE
LEARN	SMILE
	ACTIVE GIVE NOTICE

	1	1	T	1	1	r		1	r	1	
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0	E	E	F	C	W	T	U	S	1	w	1
M	N	4	H	A	1	1	4	1	X	E	V
X	Þ	H	M	C	N	C	ĸ	1	S	4	E
4	S	L	4	0	V	E	9	K	U	L	W
L	E	A	K	N	C	K	U	E	M	В	0
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5	M	1	L	E	N	M	1	L	1	1	U
H	K	Þ	A	C	t	1	V	Ē	S	N	C
5	1	H	M	t	В	t	L	A	U	9	H
F	A	M	1	L	4	Þ	Z	V	N	1	K

GENERAL KNOWLEDGE QUIZI

Learn some fun facts in this general knowledge quiz. Choose a quiz master and work in teams or do it on your own to see how many answers you know. Answers to this quiz on page 9.

Round one - Numbers

- 1. How many sides does a hexagon have?
- 2. How many strings does a violin have?
- 3. How many years are there in a millennium?
- 4. How many holes are there in a standard ten pin bowling ball?
- 5. How many pockets does a snooker table have?
- 6. How many hours are there in 3 days?

Round two - General knowledge

- 1. What is the largest brass instrument in an orchestra?
- 2. In which country would you find the Pyramids?
- 3. What is H2O commonly known as?
- 4. What is the name of the invisible line that runs round the middle of the earth?
- 5. Which is the largest planet in the solar system?
- 6. What are the three primary colours?

Round three - Films

- 1. What is the name of the Snowman in the film 'Frozen'?
- 2. What sort of animal is the video game character 'Sonic'?
- 3. In 'The Jungle Book' what kind of animal is 'Baloo'?
- 4. What magical item does Aladdin use to fly on?
- 5. What is the name of Harry Potter's pet owl?
- 6. Pongo and Perdita appear in which animal film?

Round four - Animals

- 1. What sort of creature is a 'dingo'?
- 2. What is the name given to an animal that only eats plants?
- 3. What colour is a giraffe's tongue?
- 4. What food makes up nearly all of a giant panda's diet?
- 5. What is the largest type of 'big cat' in the world?
- 6. What is the fastest land animal in the world?

GENERAL KNOWLEDGE QUIZZ

Learn some fun facts in this general knowledge quiz. Choose a quiz master and work in teams or do it on your own to see how many answers you know. Answers to this quiz on page 9.

Round one - Geography

- 1. Which is hotter, the centre of the earth or the surface of the sun?
- 2. What is the name given to molten rock before it has erupted?
- 3. What is the name given to molten rock after it has erupted?
- 4. What is the capital of New Zealand?
- 5. Which two oceans does the Panama Canal link?
- 6. What do you call a person who studies rocks?

Round two - General knowledge

- 1. In terms of computing, what does ROM stand for?
- 2. Where would you find a cricket's ears? On it's head, wings or legs?
- 3. In which sport can you throw a 'curve ball'?
- 4. How many rings are there in the Olympic Games symbol?
- 5. What type of animal has the common name of 'waxy monkey'? Frog, snake, snail?
- 6. Name the three time periods of the dinosaurs.

Round three - Science

- 1. What is the main gas found in the air that we breathe?
- 2. What is the chemical symbol for gold?
- 3. At room temperature what is the only metal that is in liquid form?
- 4. What is the centre of an atom called?
- 5. A single thread of coiled DNA is called what?
- 6. Death of every member of a particular species is known as what?

Round four - Maths

- 1. How many dots are there on a dice?
- 2. What is the name given to the longest side of a right angled triangle?
- 3. Divide one thousand by one hundred.
- 4. How many sides does a nonagon have?
- 5. If a tap drips once every 30 seconds, how many times will it drip in one hour?
- 6. Where can the 'numerator' in a fraction be found?

MINDFULNESS COLOURING

Take some quiet time out to do some colouring in and give your completed colouring to a friend or family member to brighten their day.



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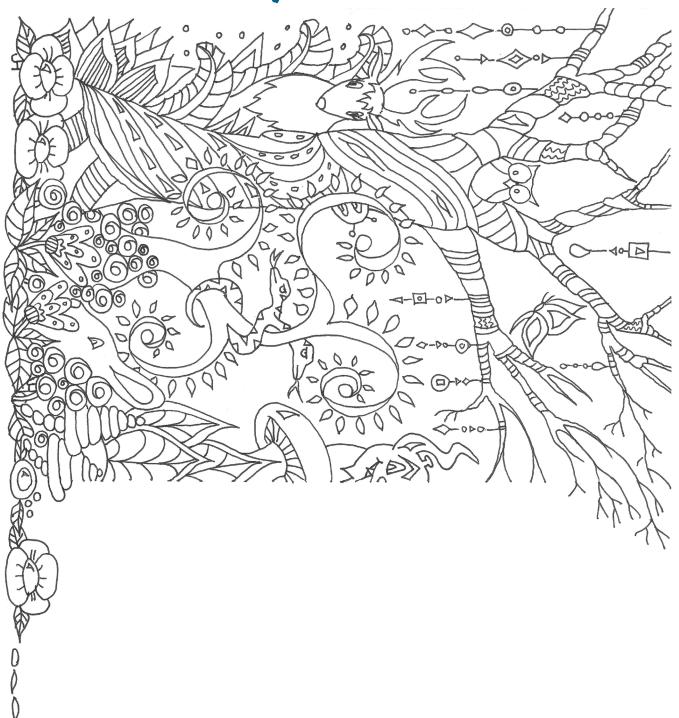
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HIHH

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Space for you to finish the picture.





Wordsearch:

J	F	K	Þ	V	в	K	Ē	A	t	H	E
K	K	9	Ē	1	N	Þ	Þ	1	5	5	N
K	1	N	Þ	N	E	S	S	N	Z	Q	9
0	E	Ē	F	C	W	t	U	S	1	w	1
M	N	Y	H	A	*	*	4	*	×	E	V
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H	K	Þ	A	C	t	1	V	ŧ	S	N	C
5	1	H	M	t	В	t	٢	A	U	9	H
F	A	M	1	4	4	Þ	2	V	N	1	K

General Quiz 1:

Round one	Round three
1.6	1. Olaf
2. 4	2 . Hedgehog
3. 1000	3. Bear
4. 3	4. Carpet
5. 6	5. Hedwig
6. 72	6.101 Dalmations
Round two	Round four
1. Tuba	1. Wild dog
2 . Egypt	2. Herbivore
3. Water	3. Blue
4. Equator	4. Bamboo

5. Tiger

6. Cheetah

- 5. Jupiter,
- 6. Red, blue, yellow

d Pacific **5.** Chro **6.** Exti

Round two

6. Geologist

4. Wellington

1. Read Only Memory

General Quiz 2:

1. Centre of the earth

Round one

Magma
Lava

- **2.** Legs
- 3. Baseball
- **4**. 5
- 5. Frog (tree)
- **6.** Triassic, Jurassic, Cretaceous

- Round three
- 1. Nitrogen
- **2.** Au
- 3. Mercury
- 4. Nucleus
- 5. Atlantic and Pacific 5. Chromosome
 - 6. Extinction

Round four

- **1**. 21
- **2.** Hypotenuse
- **3.** 10
- **4**. 9
- **5.** 120
- **6.** Above the line



The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health. Learn more about us at charliewaller.org.

GET IN TOUCH

hello@charliewaller.org 01635 869754

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charliewaller.org FOLLOW US





If you have found this resource useful please consider donating to help us continue our work



To donate £10 Text 'CWT' to 70085 This costs £10 plus the cost of a standard rate message

Online Visit charliewaller.org/donate

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