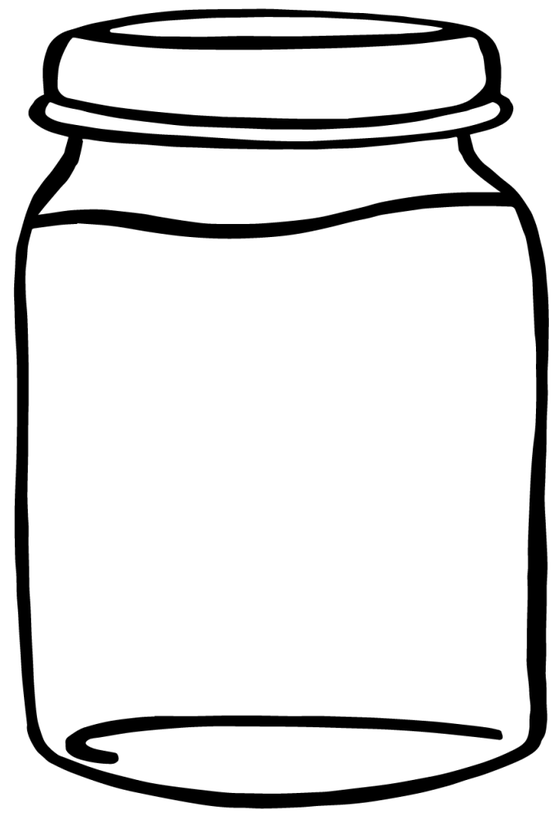
FIVE WAYS TO WELLBEING

A Resource for:
Children's, Youth and Families Workers

Five ways to wellbeing: Take Notice

Challenge 1

Write down 3 things each day that you are thankful and praising God. Write them down on a post it note and put them in a jar.

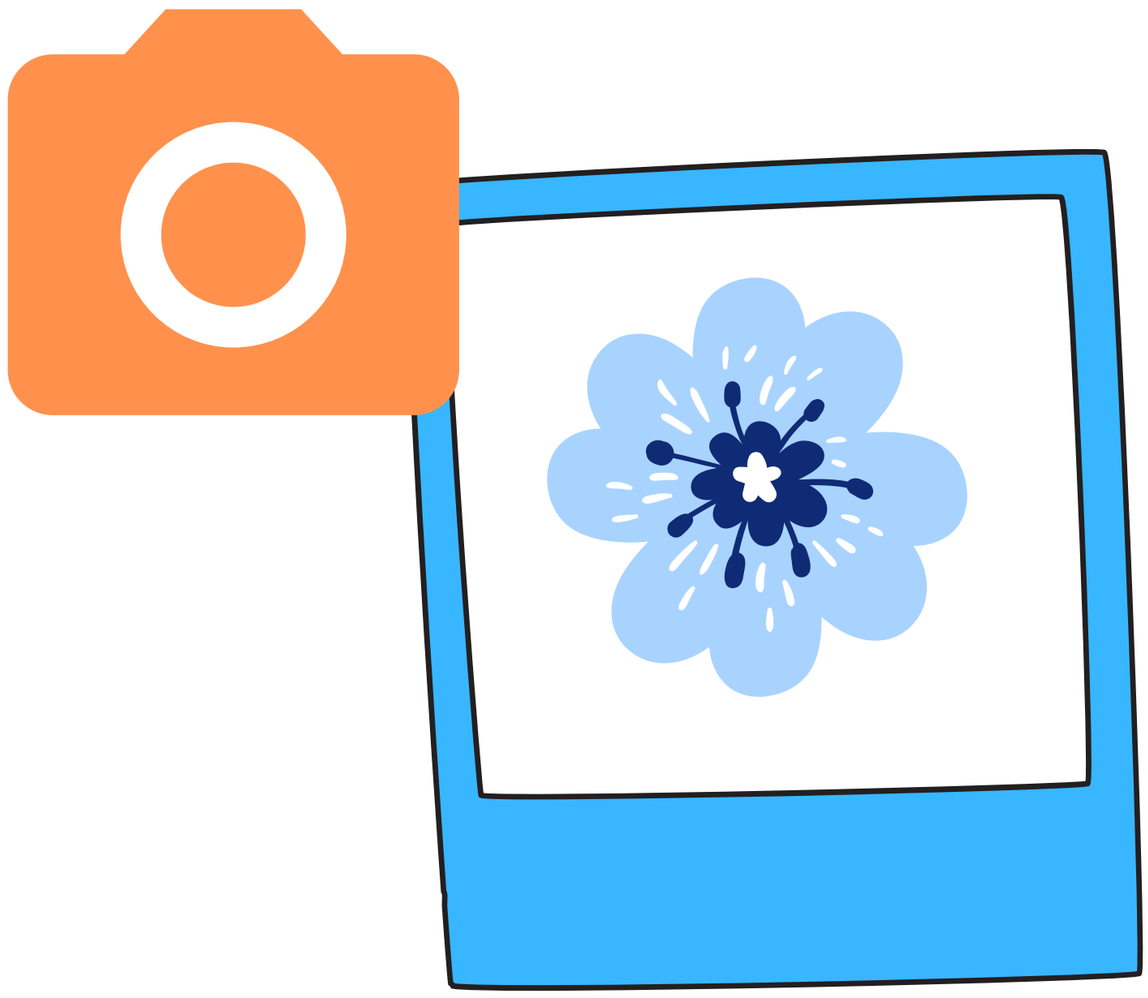


Challenge 2

Spend some time in silence, taking notice of what God is saying to you, how you are feeling and write down your thoughts.

Challenge 3

Head out on a walk and take photos as you go that make you appreciate God's creation.



Be still and know that I am God

Five ways to wellbeing: Give

Challenge 1

Complete the love languages quiz to work out what your love langages are.

Challenge 2

How can you give generously?

Write a Kindness token for something you can do for someone else and carry that act of kindness out during the week.

Challenge 3

Think about how you could help your neighbour or your wider community.

You shall love your neighbor as yourself

Five ways to wellbeing: Connect

Challenge 1

Write a letter of encouragement or draw a picture and send it to someone to encourage them.

Challenge 2

Connect with a friend my either sending them a message or speaking to them on the phone.

Challenge 3

Find a bible app that you can complete either individually, with a friend, as a family or a youth group to help you connect with one another as well as with God.

I thank my God every time I think of you

Five ways to wellbeing: Keep Learning

Challenge 1

Spend time reading your bible each day. Maybe try choosing a book of the bible and reading through it either by yourself or with family or friends.

Challenge 2

Have a chat with someone or arrange for someone from your church family to come to speak at your youth group about their faith journey.

Challenge 3

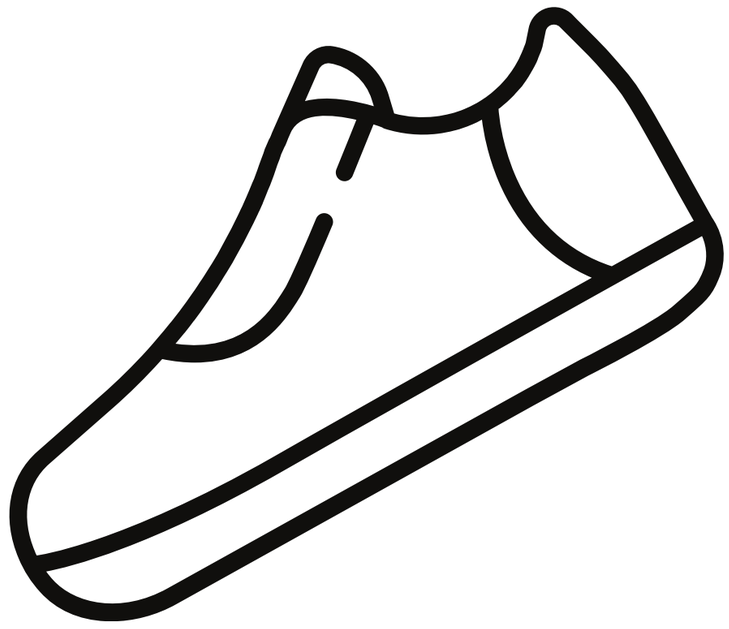
Keep learning something that you enjoy e.g. dancing, music, art, reading, sport.

Wise men and women are always learning

Five ways to wellbeing: Be Active

Challenge 1

Set yourself the goal of walking 10,000 steps a day. Why not try doing it as a family or youth group? Or set yourself a goal of somewhere you want to go 'virtually' and as a group walk there...



Challenge 2

Try out a home workout such as Joe Wicks. There are a number of good ones avaliable on YouTube.

Challenge 3

When you go next out on a walk or run why not listen to a podcast or worship music.

Honour God with your bodies