

Wellbeing Activities:

Intro for secondary schools and students

Hello!

Here at Sustrans, we know that getting active, especially outdoors, is good for your body, your mind and your emotions.

To help your school community stay feeling good during lockdown, we've come up with some ideas to keep you active, focused and positive!

All of the activities are based on the "5 Ways to Wellbeing"



Because we're the charity that makes it easier for people to walk and cycle, we are using 'Be Active' as the basis for these wellbeing activities.

Each of them includes a walk, cycle or scooter journey and incorporates the other 'Ways to Wellbeing', turning students' daily exercise into a micro-adventure.

They can be used as a classroom or home-schooling resource, set as a compulsory or optional activity and can be adapted for use in school grounds. You can do one activity every day for a week – or pick and choose whatever suits your current circumstances.

Each activity is explained in a stand-alone pdf or video, to make them accessible for everyone regardless of access to a computer.

- Activity 1: 'Take 5' Sensory Discovery
- Activity 2: Soundscapes
- Activity 3: Prism Pursuit
- Activity 4: Power Poses
- Activity 5: Bingo



Each activity is suitable for all ages and there's no wrong way of doing them. Enjoy! ☺

Follow the Highway Code and do not compromise your safety by being distracted by the activity. Please follow current government guidance: www.gov.uk/coronavirus

