

# FIVE SIMPLE WAYS FOR FAMILY WELL-BEING

A guide for parents to aid well-being for all the family during home schooling.

---

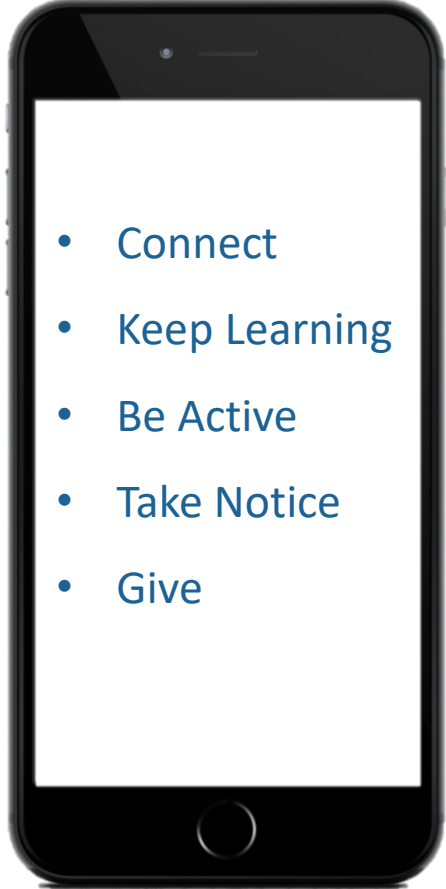


Alpha Stock Images - <http://alphastockimages.com/>



# Five Ways to Well-being

There are five simple ways that can aid well-being within the family during times of self isolation and home schooling. Here are some activities that the whole family can do together to ensure the well-being of everyone.

- 
- Connect
  - Keep Learning
  - Be Active
  - Take Notice
  - Give

# Connect with people around you



Keep in touch with family, friends, school mates, colleagues and neighbours. Strengthening relationships and feeling close to and valued by others, especially when isolated, are all important cornerstones of your life. Building these connections will support and boost your well-being each day.

## How to stay connected:

- Pick up the phone and give a friend a call that you haven't spoken to in a while
- Use a video call to catch up with a family member
- Check if your elderly neighbour is OK
- Use social media to stay connected
- Connect remotely with the families of your children's friends
- Engage in family activities
- Join online quizzes with family and friends
- Volunteer in the local community

# Connect - Reflection



Loving God,  
Help us in these times of isolation to look  
outward rather than inward.  
Help us to reach out to those who love us.  
Help us to learn to love our neighbours more  
deeply.  
Help us to appreciate those around us  
who strive to create healthy,  
Peaceful and just communities.

Amen

Take time today to think about who  
you could connect with.

"Often it is better simply to slow  
down, to put aside our eagerness  
in order to see and listen to  
others, to stop rushing from one  
thing to another and to remain  
with someone who has faltered  
along the way." – **Pope Francis**

# Connect - Useful Websites

Some suggested websites that can help you stay connected:

Reading Rockets - [Click Here](#) (Learn how to write different types of letters to stay connected with friends and family)

Primary Resources - [Click Here](#) - (Free resources and templates for letter writing)

TinkerLab Schoolhouse - [Click Here](#) (Resource ideas on making a wide range of cards for children)

BBC Newsround - [Click Here](#) - (Stay connected with what is going on around you.)

(A note to those using these links to websites. The sites come with a disclaimer that they may not be endorsed by the Diocese of Westminster.)



# Keep Learning

Having a curious mind and seeking out new experiences stimulates the brain and aids well-being. Learning new things will make you more confident as well as being fun.



**Keep Learning**

The world is your oyster :

- Learn something new - an instrument or a new language
- Rediscover an old interest and share it with a family member
- Set yourself a challenge – and get the family involved
- Explore your creative side
- Make home school learning fun and interesting for the children – be creative.
- Combine daily exercise with a nature walk
- Go on a virtual holiday and learn about a different country and culture
- Do an online course
- Stay connected

# Keep Learning - Reflection

God of Wisdom,  
Walk with me this day,  
Open my mind to new learning.  
Fill my heart with joy and curiosity.  
Grant me patience and understanding  
when I stumble with my learning.  
Fill my day with fun and adventure.  
Enkindle my friendships with kindness.  
Fill my home with your love.

Amen.

Take time today to reflect on  
something new – What challenge  
will you set yourself?



"The family remains the basic unit of society and the first school in which children learn the human, spiritual and moral values which enable them to be beacons of goodness, integrity and justice in our communities." –  
*Pope Francis*

# Keep Learning – Useful Websites

Some suggested websites that can help you keep learning:

BBC Bitesize - [Click Here](#) (Learn new things with the handy learning website from the BBC)

National Geographic - [Click Here](#) (Explore the world with the National Geographic for children)

Duolingo - [Click Here](#) (Learn a range of languages for all ages with Duolingo)

Catholic Kids [Click Here](#) (resources to help faith formation for children)

Lovereading4kids - [Click Here](#) (A resource to get children excited about reading)

(A note to those using these links to websites. The sites come with a disclaimer that they may not endorsed by the Diocese of Westminster.)



# Be Active

Being physically active improves physical health and can also contribute to improved mood and well-being. It can also reduce stress, depression and anxiety. Being active is all the more important in these times of isolation – and you need to be creative when physical activity outdoors has been curtailed.

Within Government guidelines you can still go for a walk or run or cycle – Make this a family activity where all can participate.

There are other ways that you can remain active and link them to part of the activities of home schooling:

- Step outside and take in the fresh air.
- Play a game.
- Get creative in the garden.
- Dance
- Exercise
- Adapt a sport that fits in with your location.
- Most importantly, discover a physical activity you enjoy and that suits your level of mobility, fitness and where you live.
- Stay connected



# Be Active - Reflection



Healing God,  
Keep my family, friends and loved ones safe in these challenging times.

Watch over them always, and bless them with good health and happiness.

Grant comfort to those who are lonely and isolated, may they know your love.

Bring healing to those who are sick and be with their families and neighbours.

Bring comfort and healing to those who are bereaved and grieving.  
Stay by our side in these uncertain times.

Amen.

Brighten up your day by being active –  
Think about the fun ways you can be  
physically active.

"A healthy Christian is a joyful Christian even in times of sorrow and tribulation." –  
**Pope Francis**

# Be Active – Useful Websites

Some suggested websites that can help you be active:

Jo Wicks – [Click Here](#) (Daily PE Workouts for children and adults)

NHS – Change4Life - [Click Here](#) (Information on exercise, food facts and recipes aimed at providing a healthy lifestyle for children)

BBC Good Food - [Click Here](#) (Some fun ideas to keep children active – The website has useful information on recipes and healthy eating)

Sport England - [Click Here](#) (Stay in and work out – Ideas to keep children healthy when at home.)



(A note to those using these links to websites. The sites come with a disclaimer that they may not endorsed by the Diocese of Westminster.)

# Take Notice

Paying more attention to the present moment, to thoughts, feelings and the world around you can boost your wellbeing. There are many ways you can take notice of the world around you. Take a moment each day to:

- Remark on the unusual or things that you don't usually notice – Stop, look and listen to the world outside your door.
- Get out into nature. Take a walk with your family, as this will contribute to being active too. Take time to look at the environment you live in. It will help you children learn about the world around them too – Three steps in one.
- Take time to notice all of the beautiful things around you, even the very small. Examine a leaf and look at its delicate structure. There are opportunities to help your children discover the world.
- Seek out what gives you joy. Think about what gives you a sense of awe and wonder. Spend time seeking out the beauty all around you.
- See the world differently. View the world through a camera lens or under a microscope. Use other senses to rejoice in the beauty of the world around you.
- Slow down and take notice. Listen to your favourite piece of music. read through your favourite poem or book. Share your experiences in your journal or with a friend. – Stay connected.



# Take Notice - Reflection

God of Creation,  
I thank you for another new day.  
For the warm sun shining through my window and brightening my day,  
For the majestic trees and flowers coming into blossom,  
For the birds up above, and their glorious song,  
For the wonders outside my door,  
Lord, help me to open my eyes to see the beauty all around me and  
the confidence to live this day anew.

Amen.

Take time to pause, look and reflect on  
the beauty of God's creation. What  
have you noticed today?



"Creation is a project of love  
given by God to humanity." –  
***Pope Francis***

# Take Notice – Useful Websites

Some suggested websites that can help you take notice:

RSBP - [Click Here](#) –(Explore the wide variety of birds from your doorstep and learn more about them.)

The Wildlife Trust - [Click Here](#) (Explore nature from your doorstep and learn about the wildlife that lives there.)

National Geographic - [Click Here](#) (Explore the world with the National Geographic for children)

Natural History Museum - [Click Here](#) (A wide range of resources from exploring the museum virtually to learning how to make a origami dinosaur)

London Zoo - [Click Here](#) (Have a virtual tour of London Zoo)

(A note to those using these links to websites. The sites come with a disclaimer that they may not endorsed by the Diocese of Westminster.)



# Give



Carrying out acts of kindness, whether large or small can make you feel good, bring you happiness and aid your well-being.

Giving is more than just raising money for charity, although a good thing in itself. There are many ways of giving of yourself in these uncertain times:

- Random acts of kindness
- Do something nice for a family member or friend
- Thank someone, or give someone a smile
- Volunteer your time or join a community group
- Take up an interest that will benefit family, friends or the local community.
- Look out as well as in – Seeing yourself
- Stay connected

# Give - Reflection



Generous and Merciful God,  
Allow me to appreciate the small things around me and the many blessing bestowed on me.  
Help me to be kinder in my thoughts and actions.  
Enable me to be gentle in my words and generous in my deeds.  
Teach me that it is better to give of my self rather than to receive.  
Grant that I can be a beacon of your love.  
May your peace be with us this day, tomorrow and during the days ahead.

Amen

Take time out of your day to think about someone else – Surprise them with a random act of kindness.

*"We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace." – Pope Francis*

# Give – Useful Websites



Doing Good Things Together - [Click Here](#) (Ideas and resources to facilitate daily acts of kindness.)

Scholastic - [Click Here](#) (Ten Top Tips to Community Giving)

Elf on the Shelf - [Click Here](#) - (Daily acts of kindness)

The School Run - [Click Here](#) (Random acts of kindness)

Red Cross - [Click Here](#) - (Power of Kindness Calendar)

CAFOD's Kids Zone - [Click Here](#) - (Learn about the wider world, and how to support our sisters and brother across the globe.)

(A note to those using these links to websites. The sites come with a disclaimer that they may not endorsed by the Diocese of Westminster.)

# Acknowledgements

- Aked J, Marks N, Codon C, Thompson S, 2008, Five Ways to Wellbeing (New Economics Foundation)
- MHF/HPA, Five Ways to Wellbeing at Work Toolkit (Mental Health Foundation/Health Promotion Agency, NZ)