



Wake Up To
Wellbeing!
Session 5



- In a world that is so different from the usual world that we know, we can see a lot of good things happening.
- This week we are going to be focusing on ways in which we can “give” and help people around us.
- We know that doing things for other people makes us feel good and is great for our wellbeing.

Lets take a look at some of the great things that are happening in the world around us at the moment.



People have been drawing rainbows and putting them in their windows to show support for the NHS



At 8pm every Thursday, people come out of their homes and clap for the NHS to show their appreciation for everything they are doing.

Lidl is donating thousands of its fresh fruit and vegetable bags to NHS staff across Great Britain. In partnership with the Royal Voluntary Service, Lidl will be delivering the bags to staff at hospitals nationwide.





- Can you think of ways that you can help people around you?
- Perhaps you can make sure you phone an elderly relative regularly to check that they are ok.
- Is there something you can do to help cheer someone up who may be feeling a bit down?



- Think about the people who are still working very hard and putting themselves at risk.
- What would happen if the refuse collectors stopped working?
- What would happen if the postmen and women stopped delivering our letters and parcels?
- What would happen if we didn't have anyone to deliver our shopping?
- Can you think of things we can do to say thank you to these people and show we appreciate what they do?
- Share your ideas with your classmates and teacher.