FIVE WAYS HAPPY DAYS

CONNECT | LEARN | ACTIVE | NOTICE | GIVE

The Programme

Five Ways Happy Days focuses on empowering young people with the tools they need to thrive. The programme is built around a 'high-five' logo, with each finger and thumb symbolising one of the five key actions:

CONNECT

Connect with others socially or through an interest or a hobby.

LEARN

Learn a new skill, read a book, explore new places.

ACTIVE

Go for a walk or do some moderate exercise that you like to do. Release your feel-good endorphins.

NOTICE

Be mindful of the present moment and appreciate the world around you. This could be spending time in nature.

GIVE

Doing things for other can make you feel good about yourself. Help a friend or a neighbour.

Find out more...
www.letskeepboltonmoving.co.uk
#KeepBoltonMoving

Let's Keep Bolton Moving

ACTIVITIES | HEALTH | WELLBEING

HOW WE SUPPORT SCHOOLS:

5 Ways Happy Days (5WHD) was co-designed with schools to provide a flexible approach, ensuring it seamlessly fits into a school's existing curriculum.

We support schools with:

Student Journals
Each child receives a personal journal to help integrate the Five Ways Happy Days into their daily routines.

Classroom Reminders
Bright, visual signage with 5WHD logos in classrooms encourages daily practice of these principles.

Teacher Resources
Teachers have access to a dedicated app for logging lessons, tracking student participation, and word cloud boards for capturing feedback.

Parental Involvement
We offer workshops and assemblies for parents and community groups to create a supportive environment around the children.

Five Ways Ambassadors
Ambassadors in each school promote and advocate for the programme, ensuring its success.

THE NEW 5 WAYS HAPPY DAYS ACCREDITATION FOR CLUBS AND GROUPS!

This accreditation provides free training to support individuals and communities with positive mental and physical wellbeing, helping clubs and groups make a positive impact in their communities. By equipping people with the skills and confidence to talk about wellbeing, we're creating supportive spaces where everyone feels understood and valued.

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