

Script for leaders

Follow along with the video session for 'Build a wellbeing box'.



Explain what you're doing today and make sure everyone has what they need. You could say something like:

Today we're going to take care of ourselves and focus on our wellbeing by making a wellbeing box full of messages and items that'll help boost anyone's mood.

Before we get started, we'll need a box, some paper, and some pens or pencils. We'll also need some items to put in the box – but they'll be things you already have at home so we can think about them as we go. If you've got any craft materials, they may come in handy as well.

Explain that the first step is to decorate the boxes in a way that helps people feel happy, safe, or calm. You could say something like:

First things first, we're going to get our boxes ready – we're going to decorate them in colours and patterns and pictures that make us feel happy, safe, or calm. The person in the video's chosen a rainbow pattern and a sunshine. You could tell people what you'd include here too.

Encourage everyone to think of and write down some messages that make them feel good, for example, favourite quotes or song lyrics. Think about how they could send each other messages too.

We're going to start off with messages that make us feel good. It could be a favourite quote or a lyric from a song. There's no limit for how many to include – and it's a nice idea to share messages with friends too. Perhaps there's a quote you think they'd like or you'd like to give them a compliment they can put in their box – you could type them into the chat.

Explain that the items people include will be themed around the five ways to wellbeing. You could say something like:

Once we've filled our box with messages, we need some items. We're theming our items around the five ways to wellbeing – if you don't already have items to hand, now's the time to make yourself a list of things to collect. We can use whatever we already have to build these boxes: plenty of things you do to take care of yourself already fit into the five ways to wellbeing.

Introduce the first way to wellbeing (connect) and give people some ideas of what to include. You could say something like:

The first way to wellbeing is connect – feeling close to and valued by other people. You could include some friends' phone numbers to remind you to give them a call, an envelope and stamp so you can write a letter, or instructions for playing your favourite game on Zoom.

Tell everyone that 'being active' is the second way to wellbeing and suggest some items they could add. You could say something like:

The next way to wellbeing is being active. You could include a list of songs to dance to or the name of your favourite yoga or exercise video. You could also include a soft ball to play catch or a skipping rope.

Explain that 'take notice' is the next way to wellbeing and that people could include anything that helps them pause and pay attention. You could say something like:

We've also got take notice. This one's all about slowing down and really focusing on what you're doing. You could include some slime, paper for origami, strong tasting sweets, or something like a soap that smells really nice. Anything that helps you to pause, connect with your senses, and be in the moment is good here!

Introduce 'learn' as the fourth way to wellbeing and encourage everyone to think about what to include. You could say something like:

Next up is learn. You could add a puzzle book (or puzzles you've printed out), some recipes you'd like to try, a list of skills to try to learn, or some words to practise in another language.

Tell everyone that 'give' is the final way to wellbeing and explain how helping others can be a mood booster. Get everyone started with some ideas about what they could include. You could say something like:

And finally we have give – did you know that people who are more interested in helping others are more likely to rate themselves as happy? For this one you could put in a list of things you can do to help around the house, some suggestions for acts of kindness, or something you could make to give as a gift.

Finally, encourage everyone to look at their boxes as a whole and explain how they can use them to boost their mood. Don't forget to remind people that positive wellbeing activities can't always make mental health problems better; let them know where they can go if they need more support. You could say something like:

You can go to your wellbeing box whenever you need a mood boost – hopefully you'll be able to choose something and get stuck into an activity that'll help you feel better.

At the same time, we know that mental health is complicated – so positive wellbeing activities like this box can't always make mental health problems better. If you need more support, talk to a trusted adult, a GP, or an organisation like Childline.