

Question and Answer Sheet – Wellbeing Paper Planes Exercise

- **What are the 5 NHS winning ways to wellbeing?**

Answer: Connect, Give, take notice, keep learning, be active.

- **Name 2 ways in which we could connect with other people.**

Talk to a Neighbour? Talk to a new classmate? Visit a relative? Connect with yourself?  
Connecting with an animal? Connecting with God?

- **Name 2 ways in which we could learn.**

Read a newspaper? Learn a new skill, sign up for a night class, cook a new recipe,

- **Name 2 ways in which we could take notice.**

Stop and look around? Be here and now? Spend some time in silence.

- **Name 2 ways in which we could be active.**

Walk up the stairs, ride a bike, skip, run on the spot, do squats, go for a run.

- **Name 2 ways in which we could give.**

Give time go and visit old people, smile at someone, say hello, offer help, say thank you,  
give someone a compliment.

- **How much water should you drink each day?**

Answer: 6 to 8 cups

- **How much sleep should we aim to have each night?**

Answer 7 to 9 hours

- **How much exercise should we do each day?**

Answer 60 minutes

- **Name 5 forms of exercise?**

Running, walking, cycling, weightlifting, yoga, dancing, swimming.

- **Name 5 types of fruit and vegetables?**

Apple, banana, strawberry, grapes, peach, pear. Carrots, turnips, potatoes, broccoli,  
cauliflower, peas.

- **How many portions of fruit and vegetables should we eat in a day?**

Answer: 5