



May
2026

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Wellbeing

festival

Family Wellbeing

Welcome to the Grampian Wellbeing Festival

The Grampian Wellbeing Festival is a month long celebration all about helping families feel good, stay connected, and enjoy time together. It focuses on supporting wellbeing for children, young people, and the adults who care for them. Throughout May, you'll find a wide range of fun, practical activities and ideas that can be enjoyed at home, outdoors, or in the community. Many of the activities are easy to adapt for different ages and are designed to encourage children to make the most of Scotland's beautiful outdoor spaces.



The 5 Ways of Wellbeing

At the heart of the festival are the 5 Ways of Wellbeing – simple, everyday actions that support positive mental health and emotional wellbeing:

Connect

Spend time with others.

Be Active

Move your body in ways that feel good.

Take Notice

Slow down and enjoy the moment.

Keep Learning

Try something new.

Give

Do something kind for others.

These evidence based ideas help build confidence, resilience, and happiness. During the festival, you'll be encouraged to try simple activities linked to each of the 5 Ways – many of which are perfect for families to enjoy together.





Activities for home and family time

To support your family wellbeing journey:

- You can explore the [Wellbeing Festival Programme](#) to find activities and events suitable for the whole family.
- If you're unable to attend events in person, the [Wellbeing Journal](#) is full of easy ideas you can try at home, at your own pace.

This booklet also includes Family Wellbeing Bingo and colouring activities, designed to encourage connection, creativity, learning, and fun throughout May.

The bingo activities include:

- Simple challenges and playful exercises.
- Short reflection prompts.
- Ideas linked to the 5 Ways of Wellbeing.

These activities can help children develop emotional awareness, kindness, curiosity, confidence, and a love of nature – while spending quality time together as a family.

Share your Wellbeing Journey

At the end of the month, we'd love to hear how you got on.

If you'd like to share your wellbeing journey, please:

- Post on our [Facebook page Grampian Wellbeing Festival](#), or
- Email us at grampianwellbeingfestival@aberdeencity.gov.uk

Thank you for being part of the Grampian Wellbeing Festival – small moments together can make a big difference.

Guide for parents

Why outdoors matters:

Spending time outside in Scotland's fresh air and beautiful landscapes helps children feel happy, calm, and active. Nature encourages curiosity, creativity, and connection with others. These activities are designed to support the Five Ways to Wellbeing: Active, Learning, Giving, Taking Notice, and Connections.

How to use the bingo card:

- During May encourage your child to complete one line each week (or more if they're keen!).
- Activities are simple and fun – no special equipment needed.
- Join in where possible! Doing these activities together strengthens family bonds.
- Celebrate progress using the tokens provided.

Tips for success:

- Choose safe outdoor spaces like gardens, parks, or local walks.
- Dress for the Scottish weather – wellies and waterproofs make puddle jumping fun!
- Take photos of completed activities to share with school or keep as memories.
- Use the activities as conversation starters about nature, kindness, and feelings.

Remember: The goal is enjoyment and wellbeing, not perfection. Every small step outdoors counts!



Wellbeing Bingo

Age
P1 to P3

Tick off your challenges when you have completed them

Name:



When you play, walk, or discover new things outdoors, you're not just having fun – you're looking after yourself! If you're not sure what to do, ask a grown-up to help you. They can join in and make it even more fun! So grab your coat, take an adult with you, and enjoy the magic of the outdoors!

Jump in puddles on a rainy day (with wellies!).

Go for a short walk and count how many different flowers you can see.

Dance like a Highland dancer in the garden.

Run around and pretend to be a Scottish animal (red squirrel, deer).



Be Active

Keep Learning

Spot and name 3 Scottish birds (like robins or puffins).

Collect leaves and learn their names.

Trying growing a vegetable in a plant pot or your garden
Grow early peas with children

Listen to a story outdoors.

Pick up litter in your local park with an adult.

Share a Scottish word you learned with a friend.

Give

Help your friend put on their coat before going outside.

Give a big smile and say "fit like/how are you?" to 5 friends.

Look up at the Scottish sky. What shapes do the clouds make?

Take Notice

Listen for birds singing. How many different sounds can you hear?

Smell a flower or a pine tree.

Feel the wind on your face and describe it.

Have a picnic in the garden or park.

Play an outdoor game with a friend.

Go on a mini nature hunt with family.

Connect

Draw a picture of something beautiful outside and show someone.



Wellbeing Bingo



Age
P4 to P7

Tick off your challenges when you have completed them

Name:



Our part of Scotland is full of amazing places to explore with lots of parks, woods and sandy beaches. Spending time outside helps your body stay active and strong, and it makes your mind feel calm and happy. Fresh air, the sounds of birds, and the beauty of nature can boost your mood and give you energy. When you play, walk, or discover new things outdoors, you're not just having fun – you're looking after your wellbeing! So grab your friends and family, a coat, head outside, and enjoy!

<p>Explore a local park or woodland and count how many different trees you see.</p>	<p>Go on a mini hike to a viewpoint near your area.</p>	<p>Do a nature scavenger hunt in your garden or park. <u>Scavenger Hunt Ideas</u></p>	<p>Build a den with natural materials.</p>	 <p>Be Active</p>
 <p>Keep Learning</p>	<p>Learn a few words in Scots or Gaelic (e.g. "hello" = halò).</p>	<p>Research a famous Scottish inventor or scientist and share one fact.</p>	<p>Find out about Scottish wildlife (red squirrels, puffins, seals).</p>	<p>Try making a simple Scottish recipe like oatcakes or tatties scones.</p>
<p>Make a handmade card for someone and write the message in Doric.</p>	<p>Draw your favourite outdoor space and give the picture to a friend.</p>	 <p>Give</p>	<p>Collect litter during a walk to help keep Scotland beautiful.</p>	<p>Donate an old book to a local library or charity shop.</p>
<p>Listen to the sounds of nature on a walk. Can you hear birds or a burn (stream)?</p>	 <p>Take Notice</p>	<p>Draw or photograph a Scottish landmark or natural feature.</p>	<p>Try birdwatching! <u>Birdwatching Sites in Aberdeenshire</u> - <u>Bird Guides</u></p>	<p>Keep a "Scottish weather diary" for a week. What changes do you notice?</p>
<p>Ask your parents or carers to teach you a playground game they enjoyed when they were young.</p>	<p>Write a letter to a friend or family member.</p>	<p>Have a picnic in your garden or park.</p>	 <p>Connect</p>	<p>Play a quiz about Scotland with friends or family. <u>Quiz: How well do you know Scotland?</u> - CBBC.</p>

You could cut out counters to stick on your bingo cards when you have completed the challenges



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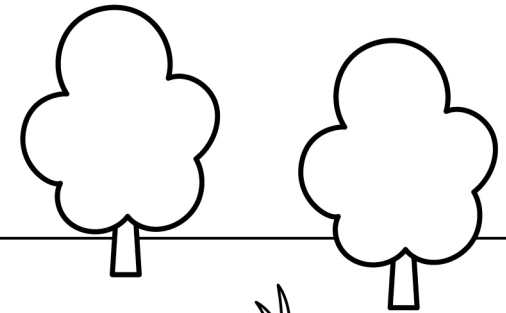
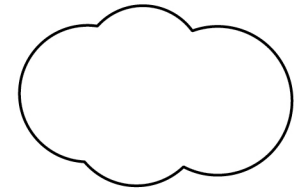
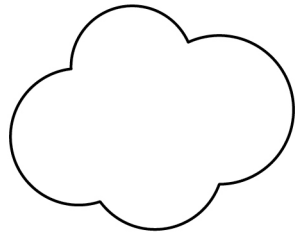
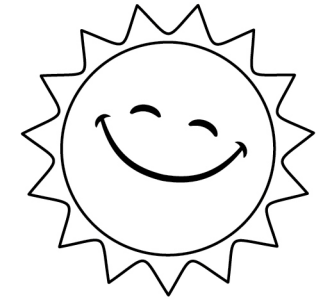
Find out what is happening in your area



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Connections

Connections help to build a sense of belonging, allowing you to share experiences, and support each other.

Find out what is happening in your area



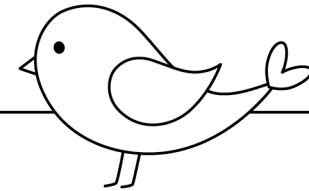
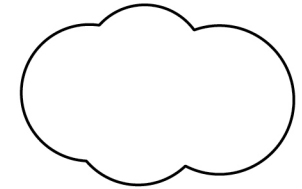
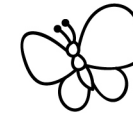
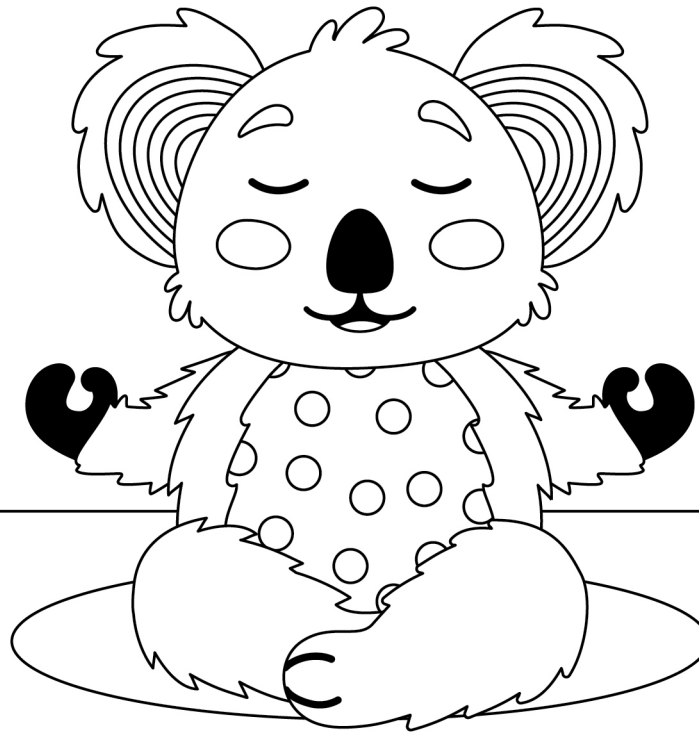
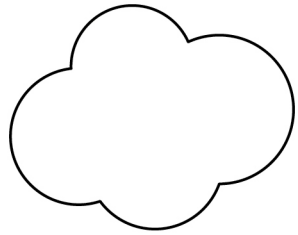
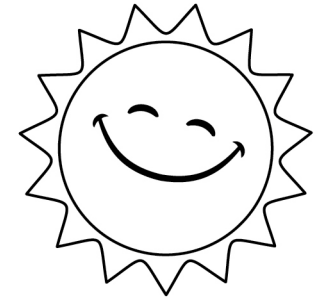
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Taking notice

Taking notice of the present moment can improve your mental health and help you understand yourself and the world better.

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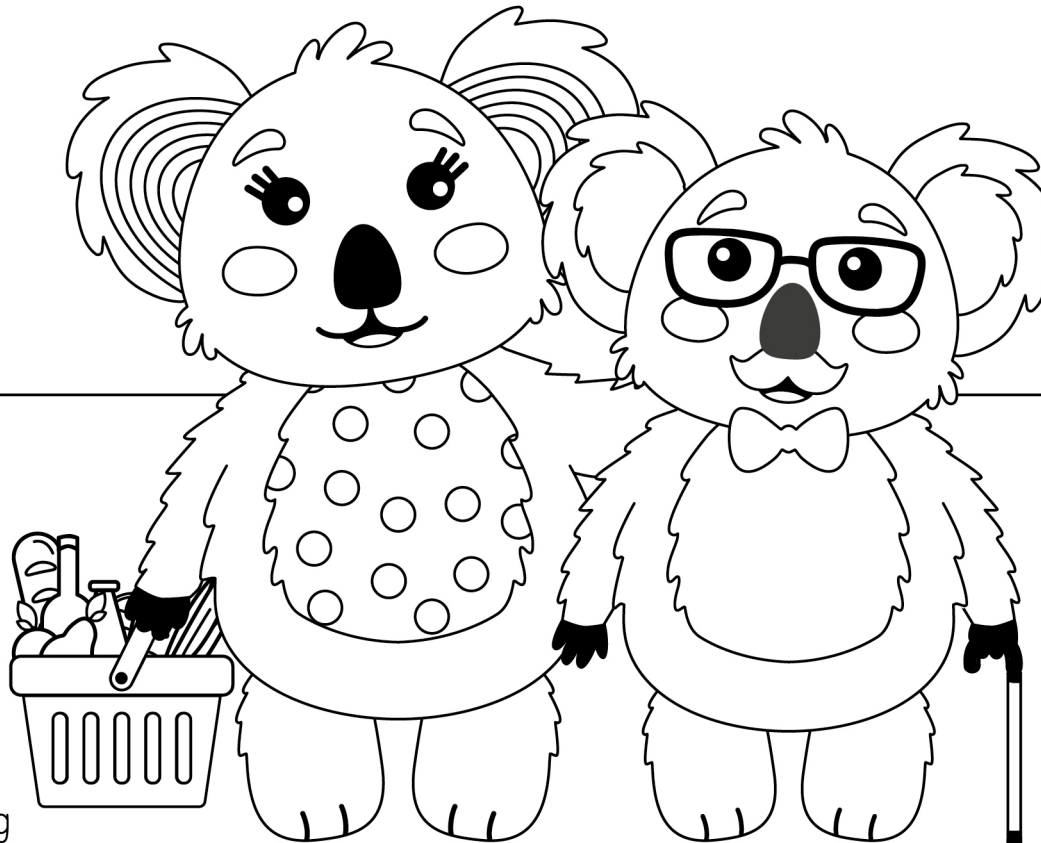
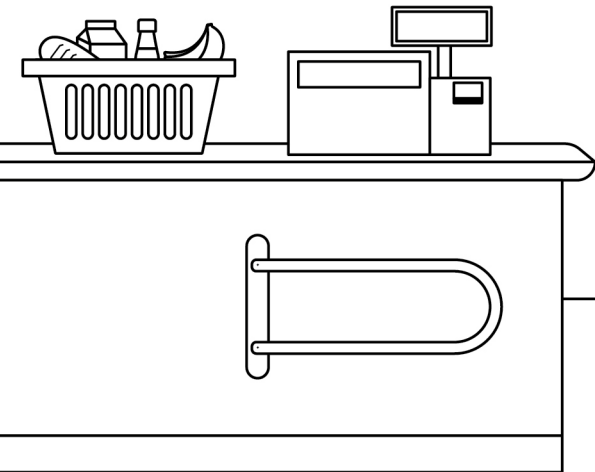
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Giving

Giving creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.

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Learning

Learning new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.

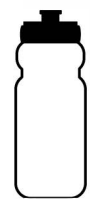
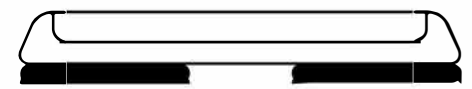
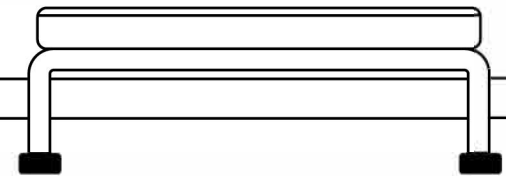
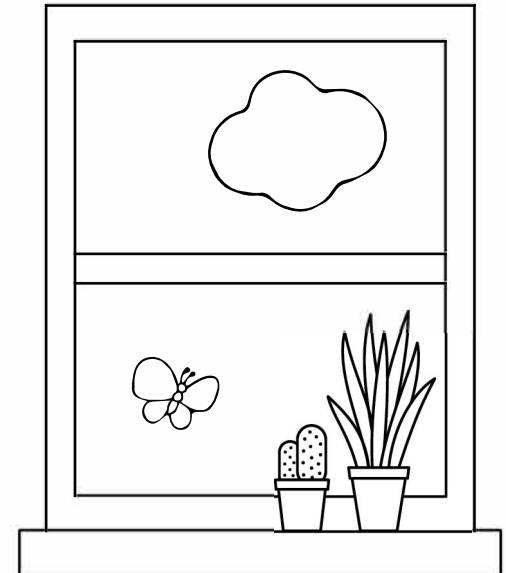
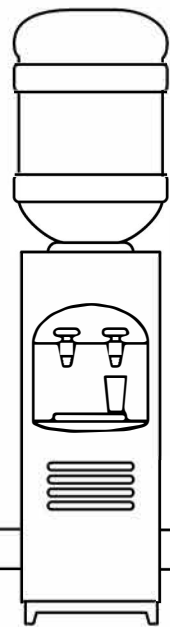
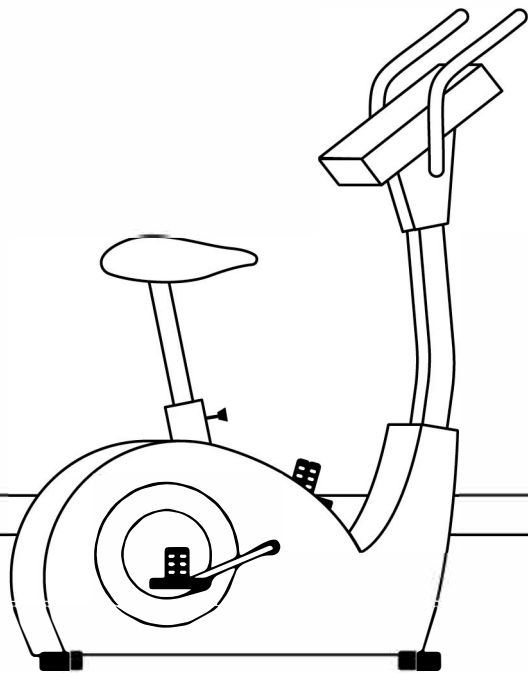
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Being Active

Being Active can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.

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