



Dear Parents / Carers

Over the next few weeks, the pupils at Murrayfield Primary Academy are invited to take part in a fun challenge to find ways to make them feel healthier and – hopefully – happier.

The children will need to show how they are meeting their five ways to wellbeing to earn stickers. If they collect all five stickers they will earn themselves their Take 5 challenge badge and certificate.

The idea is to have fun, enjoy the challenge and feel better as a result!  
The five ways to wellbeing are simple things that your child can do every day to help them feel happier and more positive.

The **Take 5 Challenge booklet** gives some ideas for how your child can meet their five ways to wellbeing.

There are 5 themes; Learn, Connect, Be active, Give and Take notice.  
Each week, we'll introduce a new theme, for example 'Learn' and then you can think about what your child can do.

The booklet gives you some suggestions, but you can come up with your own ideas.

Each week **please help your child to complete their booklet and return it to school on Friday** so we can add the stickers.

At the end of the Challenge please complete the final page giving your thoughts about it.

If you have any questions, please feel free to ask a member of staff.

Yours faithfully,

**Becki Lemke**  
EYFS Lead