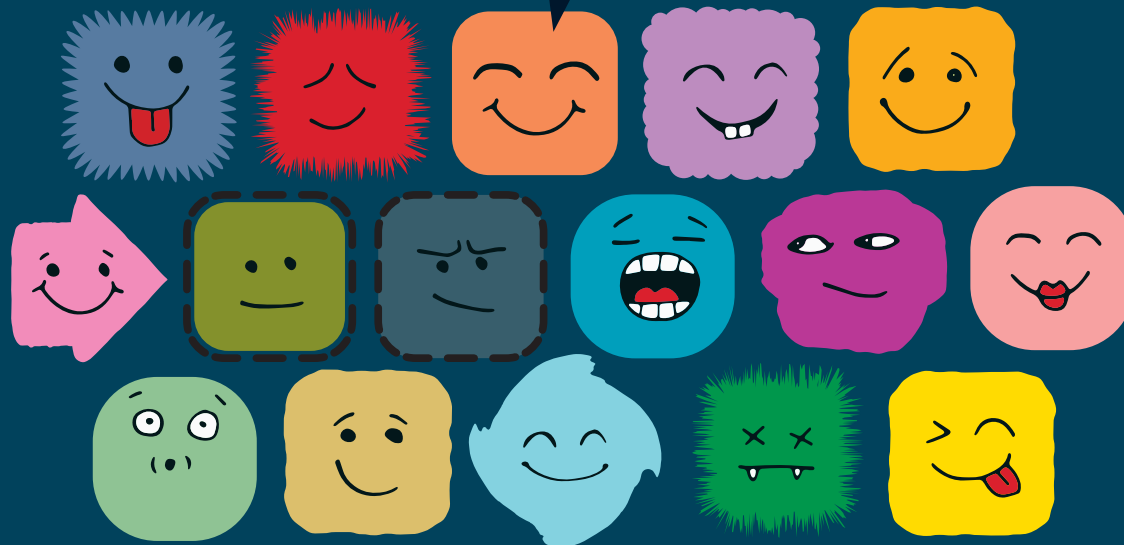


# 5 Ways of Wellbeing



# 5 Ways of Wellbeing

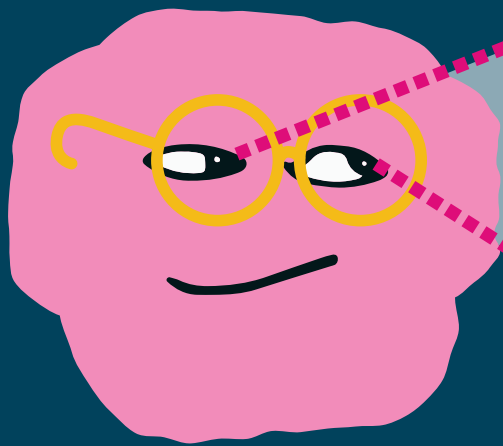
## 1 - CONNECT



**Connect with people around you.  
SPEND TIME WITH YOUR FRIENDS AND FAMILY.  
Make new friends.  
Use different ways to communicate.**

# 5 Ways of Wellbeing

## 2 - TAKE NOTICE



**Take time to be still, reflect, and become aware of your surroundings.**

Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious.

**SAVOUR YOUR FAVOURITE FOOD.**

# 5 Ways of Wellbeing

## 3 - BE ACTIVE

**Go for a walk or a run.**

Cycle, dance or play a game. Walk to school instead of getting the bus.

**Go to the park.**

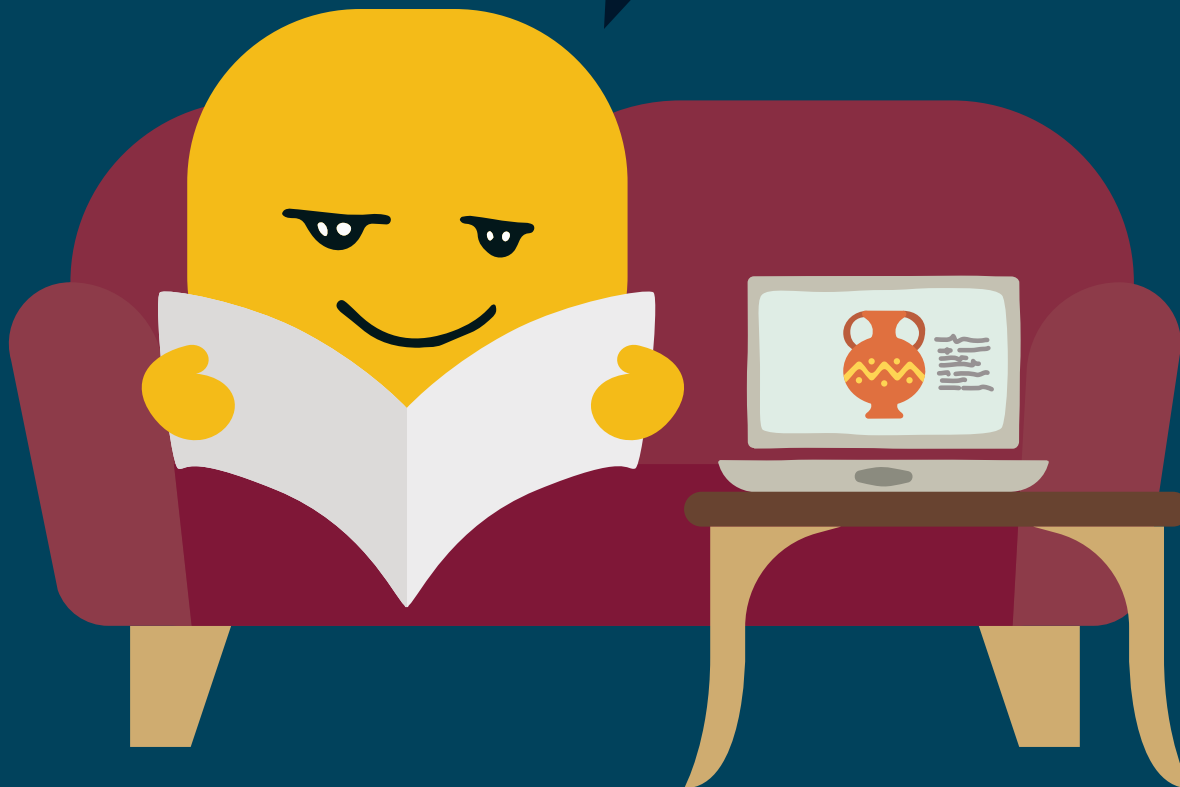
**TRY A NEW ACTIVITY.**



# 5 Ways of Wellbeing



## 4 - KEEP LEARNING



**Set yourself a goal.**  
**LEARN SOMETHING NEW.**  
Research something  
you're interested in.  
**Learn a new word**  
**or a random fact.**  
**VISIT A MUSEUM.**

# 5 Ways of Wellbeing

5 - GIVE



**Do something nice for a friend.**  
**THANK SOMEONE. SMILE.**  
**Volunteer your time.**  
**Raise money for charity.**  
**BE A GOOD ROLE MODEL.**  
**Take action to improve your neighbourhood.**