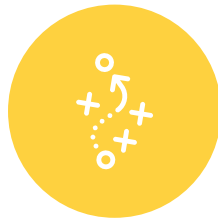


5 WAYS TO WELLBEING



GIVE

Do something nice for a friend. Help around your home. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood and the place you live in.



SMILE AND BE WILLING TO GIVE YOUR TIME TO A CONVERSATION



SAY THANK YOU TO SOMEONE WHO HAS HELPED YOU



GIVE UNWANTED ITEMS TO A LOCAL CHARITY SHOP



OFFER YOUR TIME TO DO SOMETHING FOR SOMEONE ELSE



OFFER TO HELP YOUR PARENTS OR CARER ROUND THE HOUSE



BAKE A CAKE AND GIVE IT TO SOMEONE



NOMINATE SOMEONE FOR AN AWARD



GIVE SOMEONE A HUG OR A FIST PUMP

KEEP LEARNING

Set yourself a goal. Learn a new word or a random fact. Read a new book. Research something you're interested in. Visit a museum. Ask questions.



LEARN SOMETHING NEW ABOUT YOURSELF THAT YOU NEVER KNEW



DISCOVER SOMETHING NEW AND FIND OUT MORE ABOUT IT



VISIT YOUR LOCAL LIBRARY AND PICK UP A NEW BOOK



LEARN A NEW HOBBY OR A NEW WORD FROM ANOTHER LANGUAGE



LEARN A DANCE ROUTINE OR THE WORDS TO A NEW SONG



SHOW EMPATHY. TALK ABOUT HOW OTHERS ARE FEELING AND WORK OUT WHY



GO TO A QUIZ OR HOST ONE WITH YOUR FRIENDS



LEARN MORE ABOUT YOUR FAMILY HISTORY

CONNECT

Connect with people around you. Spend time with your friends and family. Make new friends. Use different ways to communicate.



SHARE YOUR DAY WITH YOUR FAMILY AND ASK ABOUT THEIRS



SPEAK TO SOMEONE NEW. SMILE AND SPEAK TO SOMEONE IN THE CORRIDOR



FIND AN OLD PHOTO OF A FRIEND OR FAMILY AND SHARE IT WITH THEM



DON'T USE YOUR PHONE FOR THE DAY (OR AT LEAST FOR A FEW HOURS!)



WRITE A LETTER OR SEND A POSTCARD TO SOMEONE



ASK YOUR CARER OR PARENTS ABOUT THEIR CHILDHOOD



TALK TO SOMEONE IN PERSON OR ON THE PHONE INSTEAD OF MESSAGING



ASK A FRIEND ABOUT THEIR WEEKEND AND LISTEN WHEN THEY TELL YOU

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 or sport.



PLAY YOUR
FAVOURITE
SONG AND
DANCE TO IT



TRY WALKING
TO SCHOOL OR
FIND A NEW
ROUTE



GO FOR A
RUN/JOG
(IT'S FREE!)



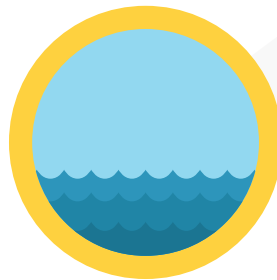
SPEND SOME
TIME AT YOUR
LOCAL PARK



JOIN A NEW
SPORTS TEAM
OR CLUB



STRETCH AND
MOVE YOUR
LIMBS IN THE
MORNING,
MIDDAY AND
EVENING



GO SWIMMING
OR RIDE A BIKE



PLAY A SPORT
LIKE FOOTBALL,
GOLF OR
BOWLING WITH
FRIENDS

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.



TRY A NEW WAY OF
GETTING TO
SCHOOL



STOP AND REALLY
TAKE IN YOUR
SURROUNDINGS



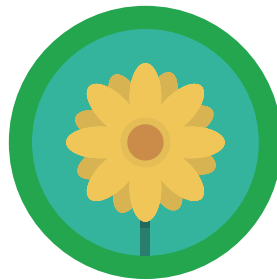
REFLECT ON THE
POSITIVES AND
WHAT YOU CAN BE
GRATEFUL FOR



CONSIDER YOUR
STRENGTHS AND
HOW YOU MAKE
THE MOST OF THEM



THINK ABOUT WHO
INSPIRES YOU AND
WHY



NOTICE WILD
FLOWERS/PLANTS
AND WHERE THEY
GROW



NOTICE YOUR
NEIGHBOURS AND
PEOPLE AROUND
YOU



PRETEND YOU ARE
SOMEONE ELSE
AND WONDER
WHAT THEY
WOULD THINK
ABOUT YOU