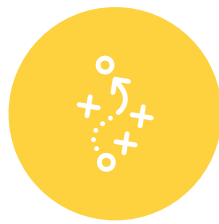


# 5 WAYS TO WELLBEING

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# 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.



**SET UP A  
CHARITY EVENT  
AT SCHOOL**



**ACT AS A BUDDY  
FOR THE  
YOUNGER  
MEMBERS OF  
THE SCHOOL**



**TAKE PART IN  
ACTIVITIES LIKE  
SCHOOL  
COUNCIL TO  
IMPROVE YOUR  
SCHOOL**



**TAKE TIME TO  
IMPROVE THE  
PLACE IN WHICH  
YOU LIVE - PICK  
UP LITTER OR  
TALK TO YOUR  
NEIGHBOURS**



**JOIN A  
COMMUNITY  
GROUP OR  
VOLUNTEER AT  
A LOCAL  
CHARITY SHOP**



**GIVE UNWANTED  
ITEMS TO A  
LOCAL CHARITY  
SHOP**



**OFFER YOUR  
TIME TO DO  
SOMETHING FOR  
SOMEONE ELSE**



**OFFER TO HELP  
YOUR  
PARENT(S) OR  
CARER(S)  
AROUND THE  
HOUSE**

# 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.



TALK ABOUT  
WHAT YOU HAVE  
LEARNED IN  
SCHOOL WITH  
FRIENDS OR  
FAMILY



DISCOVER  
SOMETHING  
NEW AND FIND  
OUT MORE  
ABOUT IT



VISIT YOUR  
LOCAL/SCHOOL  
LIBRARY AND  
PICK UP A NEW  
BOOK



LEARN A NEW  
HOBBY OR A  
NEW WORD  
FROM ANOTHER  
LANGUAGE



VISIT YOUR  
LOCAL MUSEUM  
WITH FAMILY OR  
FRIENDS



DO SOME EXTRA  
READING AND  
RESEARCH ON  
WHAT YOU HAVE  
LEARNED AT  
SCHOOL



ASK YOUR  
FRIENDS ABOUT  
WHAT THEY ARE  
INTERESTED IN  
AND LEARN  
MORE ABOUT IT



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**



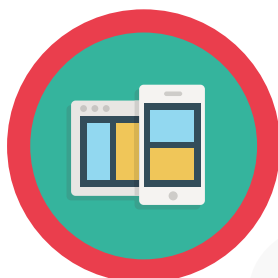
**START A CONVERSATION WITH SOMEONE NEW**



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



**TALK TO A YOUNGER MEMBER OF YOUR SCHOOL AND OFFER SOME ADVICE**



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



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



**TAKE TIME TO SPEAK TO YOUR NEIGHBOURS**



**SPEND SOME TIME WITH FRIENDS OUTSIDE SCHOOL TIME**

# 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.



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



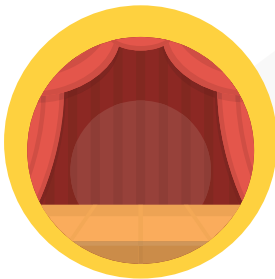
IF YOU CAN, TRY  
WALKING OR  
CYCLING TO  
SCHOOL



FIND OUT WHAT  
SPORTS YOUR  
FRIENDS PLAY  
AND GIVE THEM  
A GO



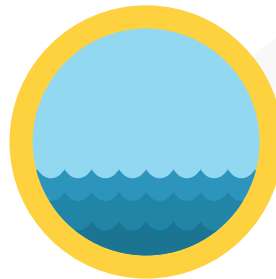
SPEND SOME  
TIME AT YOUR  
LOCAL PARK  
WITH WITH  
FRIENDS



JOIN A NEW  
SPORTS TEAM  
OR CLUB



GO FOR A WALK  
AROUND  
SCHOOL DURING  
YOUR LUNCH  
BREAK



GO SWIMMING  
OR RIDE A BIKE



PLAY A SPORT  
LIKE FOOTBALL,  
NETBALL OR  
TENNIS WITH  
FRIENDS

# TAKE NOTICE

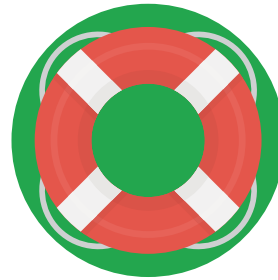
Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.



TRY A NEW WAY OF GETTING TO SCHOOL



REFLECT ON THE POSITIVES AND WHAT YOU CAN BE GRATEFUL FOR



TAKE TIME TO NOTICE HOW YOUR FRIENDS ARE FEELING AND TRY TO LIFT THEIR MOOD



CONSIDER YOUR STRENGTHS AND HOW YOU CAN MAKE THE MOST OF THEM



THINK ABOUT WHO INSPIRES YOU AND WHY



REFLECT ON YOUR TIME IN SCHOOL SO FAR AND HOW MUCH YOU HAVE IMPROVED



NOTICE YOUR NEIGHBOURS AND PEOPLE AROUND YOU



THINK ABOUT HOW YOU ARE FEELING - IF YOU'RE STRESSED, TAKE A MOMENT TO RELAX