

# 5 ways to wellbeing

# Connect ♥

Draw a picture of your household here



Someone I know who has had a hard time is ...



I am going to connect with them by ...

Activities I could do to stay connected with my household

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- 

Name:

# 5 ways to wellbeing

# Be Active

Ways I can stay active at home

## Top tips for being active

- Do something you enjoy
- Introduce activity in small steps
- Use physical activity to change your mood and mindset

A time when I feel sad is ...

Something active I could do to change my mood is ...



Name: \_\_\_\_\_

# 5 ways to wellbeing

# Take Notice

Things that bring me joy:

Thankful slips

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Name:

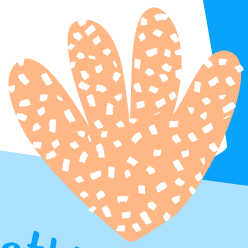
# 5 ways to wellbeing

# Learn



Draw a picture  
of a new skill you  
want to learn

Reasons learning is  
important...



Something I have enjoyed  
learning before...

Activities I could do to  
keep learning

Name: \_\_\_\_\_

# 5 ways to wellbeing

# Give

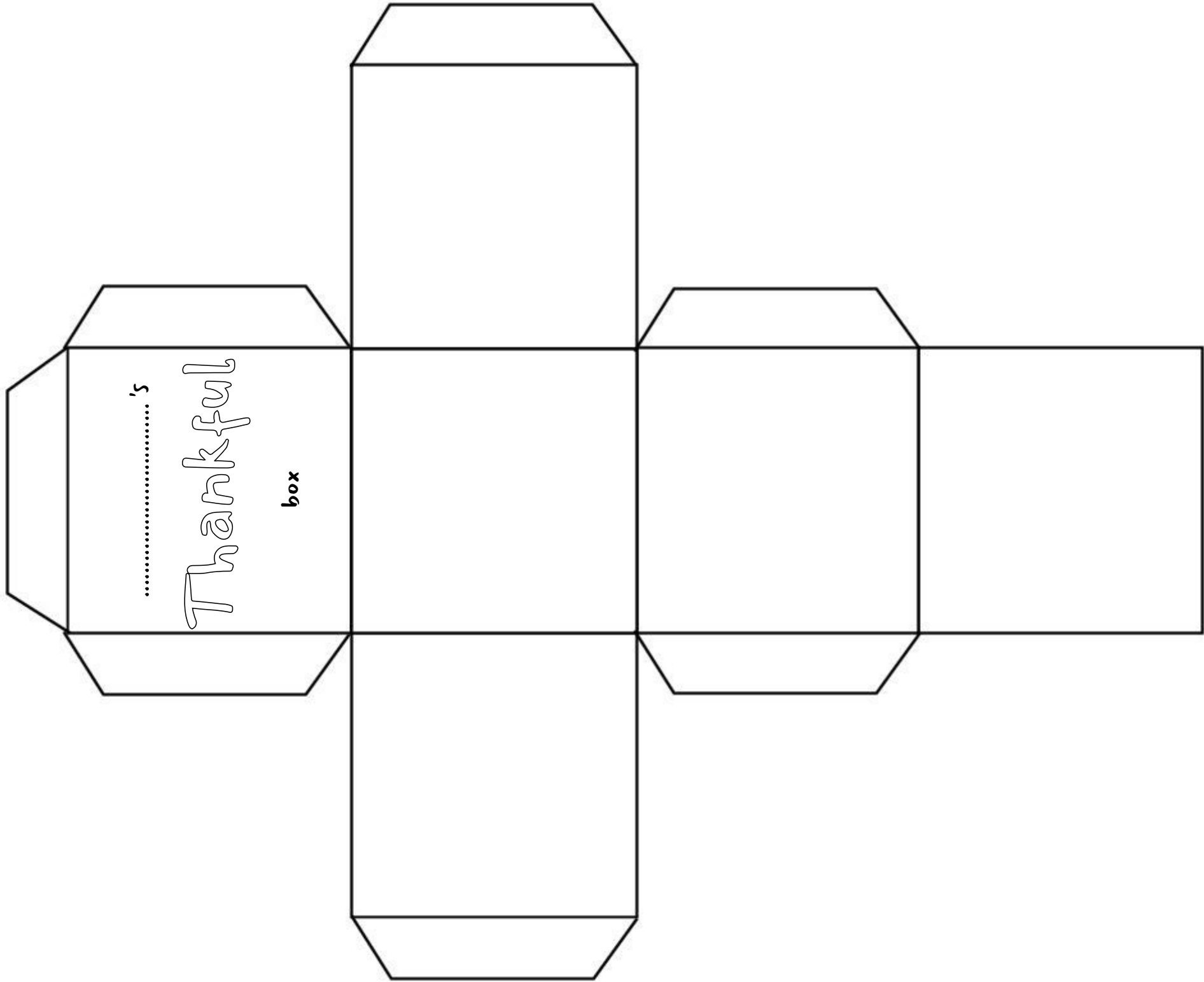
People I  
know who I  
could help:

A letter of encouragement

Random act of kindness token

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Name:



.....'s

Thankful

box