

5 Ways to Wellbeing

Everyone working together

1

Connect with people around you

smile, talk and listen, play, share and help others.

Be active

2

take part in physical activity that you enjoy; go for a walk or run, play a game outside, ride your bike or scooter, go swimming or dancing.

Take notice

3

be aware of the world around you and how you are feeling; be curious, enjoy the moment and be grateful for the simple things in your life.

4

Keep learning every day

set new goals and challenges that you will enjoy achieving like learning to play an instrument, making a pizza or taking on a new responsibility.

5

Acts of kindness

give a smile, a compliment, your friendship or simply some time to yourself and others.