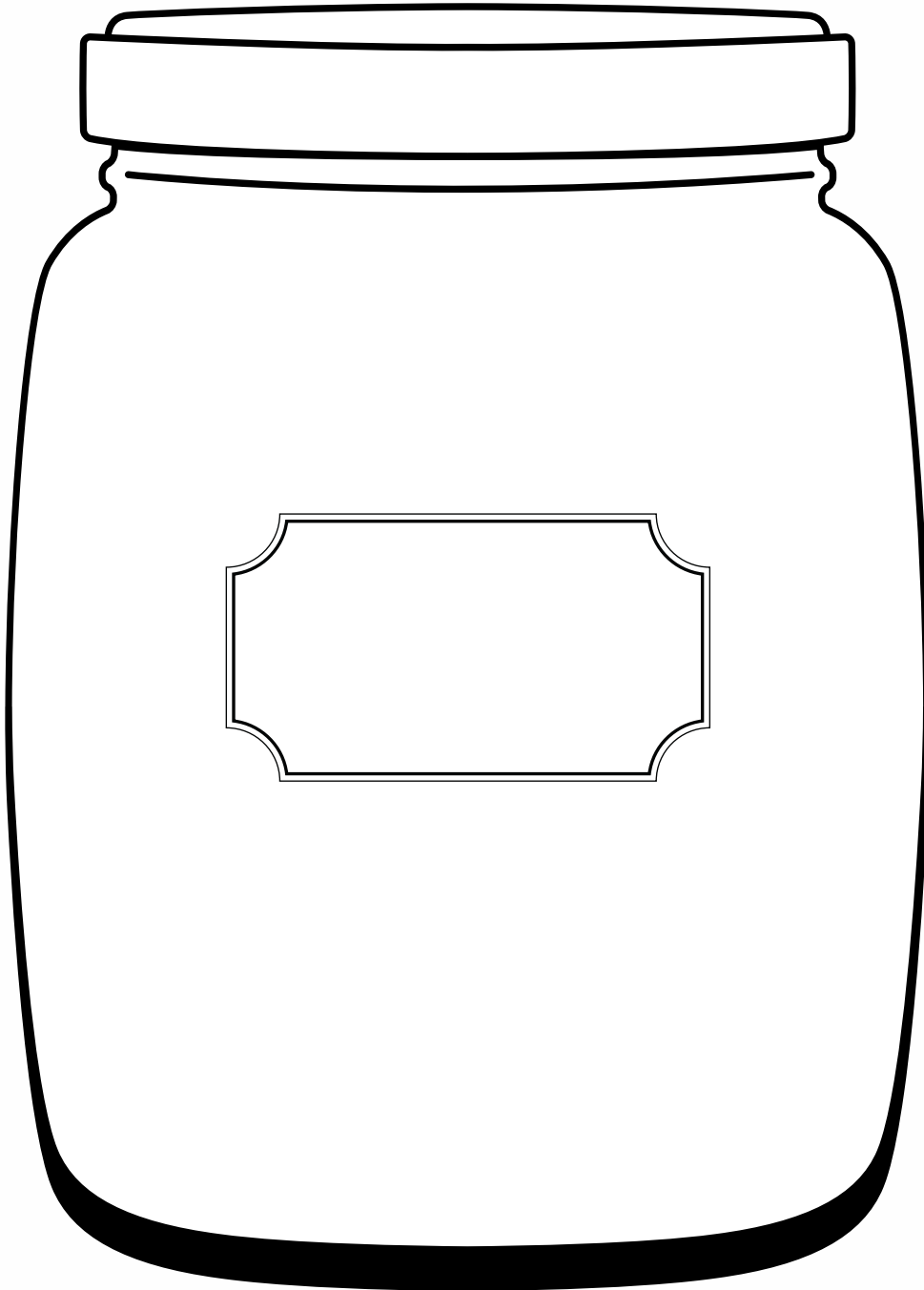


# Five Ways to Wellbeing



Each time you do one of the 5 Ways to Wellbeing draw and colour in a marble in the jar. Write your name on the label on the jar.

## CONNECT



Socialise or connect with friends and family. You can do this in person (if allowed), via the internet (Zoom) or over the telephone or Facetime. When social distancing permits join a new club or group.

## BE ACTIVE



Do somethings active every day. Physical exercise helps us to keep both our body fit. Find an activity you can enjoy or challenge yourself with. If it involves someone else then you also get connection.

## KEEP LEARNING



Learning new things keeps our brains energised and healthy. Think of something you would like to learn more about, something you would like to learn how to do - a new skill or a new hobby.

## GIVE



Giving to others, and to ourselves - this can be compliments, thoughtful gestures, listening, advice, time or doing something helpful for someone.

## TAKE NOTICE



Take notice of the world around you - notice the beauty of nature. Be mindful of your thoughts and feelings.