


5 ways to well-being



Take Notice – Enjoy the world around you. Look at nature and the changing seasons.

Keep Learning – Try something new. Learning is fun and makes you feel more confident.

Give – Do something nice for a friend or family member. Smile. Say thank you.

Connect – with the people around you, with family and friends, at home and at school.

Be active – Walk to school, run about outside, play a game, dance.

What are your 5 steps to well-being?

Use this table to record the activities you are involved in for each of the 5 ways.