



- Say thank you
- Offer to help
- Include others
- Volunteer
- Do something nice for someone
- Give someone a smile



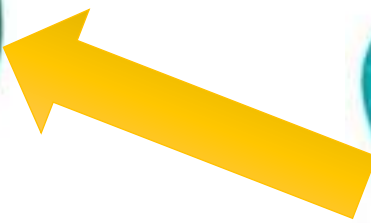
- Do what you can
- Go swimming
- Play sports
- Walk somewhere
- P.E.
- Skip or Dance



FIVE WAYS TO WELLBEING



- Try something new
- Visit a gallery or museum
- Read a book
- Join a club
- Set yourself goals



- Talk
- Listen
- Be a friend
- Spend time with family
- Volunteer



- See the beauty around you
- Relax
- Be aware of your feelings
- What can you see, taste, smell, hear or feel?