

# Five ways to wellbeing

The five ways to wellbeing are five things you can do to help your body and mind feel good by helping us feel physically healthy, valued and part of our community



## Connect

Talk to the people around you, pick up the phone, text or write a letter



## Be Active

Ride your bike, walk your dog, play rugby or have a dance party



## Give

Be kind and helpful, hold the door, help tidy the classroom, make a cup of tea for a tired parent



## Take notice

Make time to take notice of what's around you and how you feel. Try mindfulness or spend five minutes noticing what you can see, hear and feel

## Keep Learning



Learning isn't just for the classroom. Learn a new skill, or try a new hobby