

# WINNING WAYS TO WELLBEING



- ☺ With the people around you.
- ☺ Family, friends and neighbours.
- ☺ At home, school or in your local community.
- ☺ Building these connections will support and enrich you every day.



- ☺ Go for a walk or run.
- ☺ Step outside.
- ☺ Cycle
- ☺ Play a game
- ☺ Dance
- ☺ Exercising makes you feel good.
- ☺ Discover a physical activity you enjoy!



- ☺ Be curious.
- ☺ Catch sight of the beautiful.
- ☺ Remark on the unusual.
- ☺ Notice the changing seasons.
- ☺ Savour the moment.
- ☺ Be aware of the world around you and what you are feeling.
- ☺ Take time to reflect.



- ☺ Do something nice for a friend or family member.
- ☺ Thank someone.
- ☺ Smile!
- ☺ Volunteer your time.
- ☺ Look out as well as in.



- ☺ Try something new.
- ☺ Set a challenge you will enjoy achieving.
- ☺ Learning new things will make you more confident as well as being fun.