

5 Ways to well-being !

Active

Playing sports , walking and exercise videos .



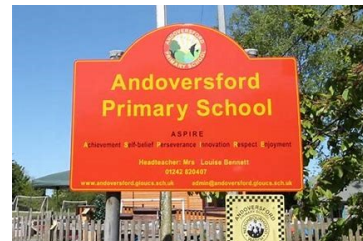
Connect

Talking , large gatherings , hugging , facetime , emails , letters , school , clubs and community .



Learn

School , reading , dictionary's , thesaurus ' and the internet



Give

Gifts , giving money to charities , being nice to people , showing people you care , giving time for people and helping out .



Notice

Taking notice of your surroundings , being mindful and making yourself feel

