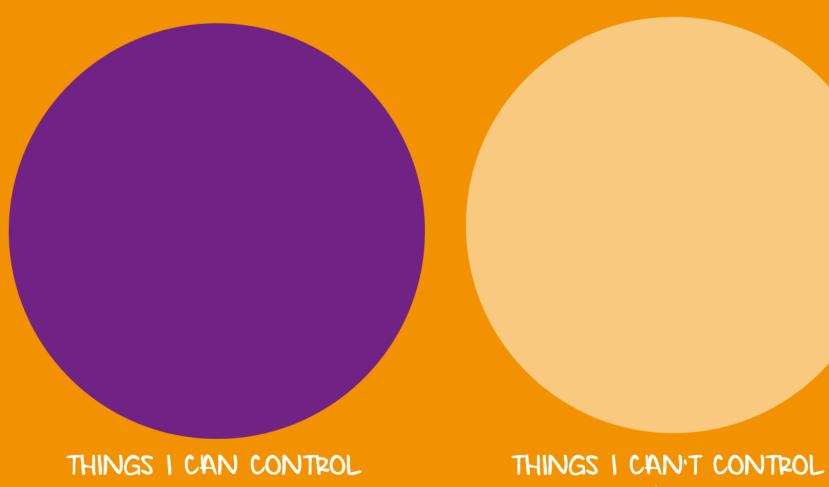
The Circles of Worry

Here are two circles...





The 5 Ways to wellbeing

Connect

with family and friends.

Make them feel valued and tell them how you feel.

Give

to others. This can be giving your time, compliments or raising money for charity.

Be Active

and move around.

Exercise creates happy
hormones!

Me

Take Notice

of the things around you and how you feel

Keep Learning

new skills and subjects you're passionate about



My 5 Ways to wellbeing

Connect

Be Active

Take Notice

Keep Learning

Give



Wellbeing Bingo



Write down ten positive things

Do some exercise

Read your favourite book

Go to bed early

Treat yourself Play your favourite game

Spend time with friend (virtual hang outs)

Listen to music

Eat a healthy and balanced diet

Practice Mindfulness

Spend time in nature

Watch a film or TV show







Hunt the Good Stuff

EXAMPLE

Charlie made me laugh today

My lunch was delicious

Lou complimented me

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

YADNUZ

