



Mental Health Awareness Month

Five Ways to Wellbeing

**KEEP
LEARNING**

**TAKE
NOTICE**

Give

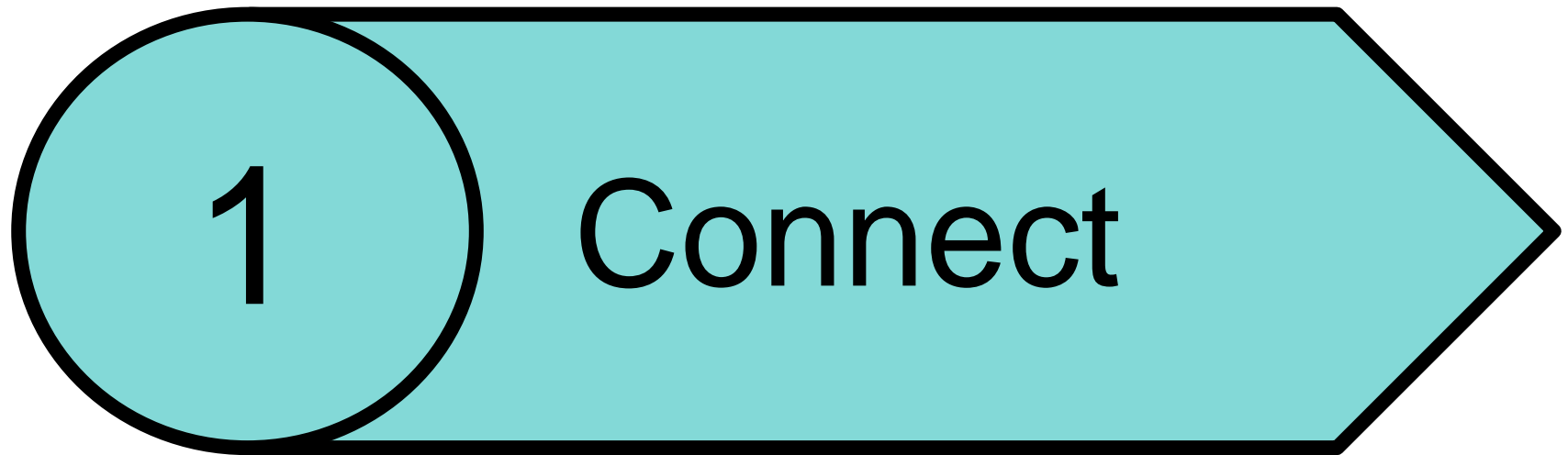
**BE
ACTIVE**

CONNECT



How you are feeling and
how well you can cope with
day-to-day life



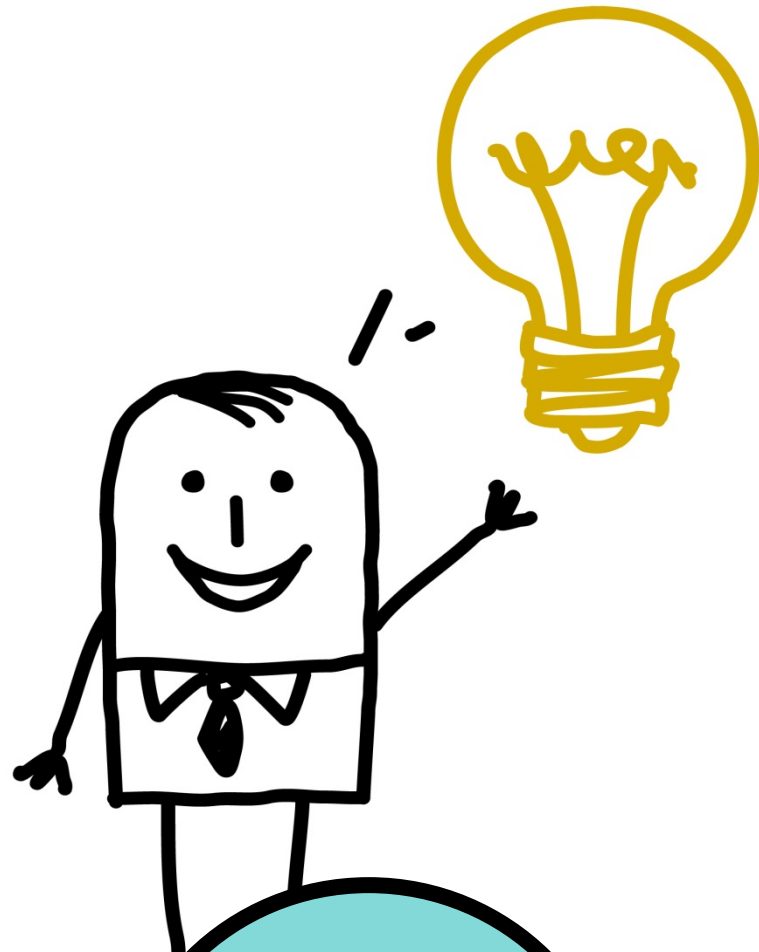


1

Connect



What simple things
you can you do to
make new friends
and make your
relationships with
your family and
friends better?



Down
time

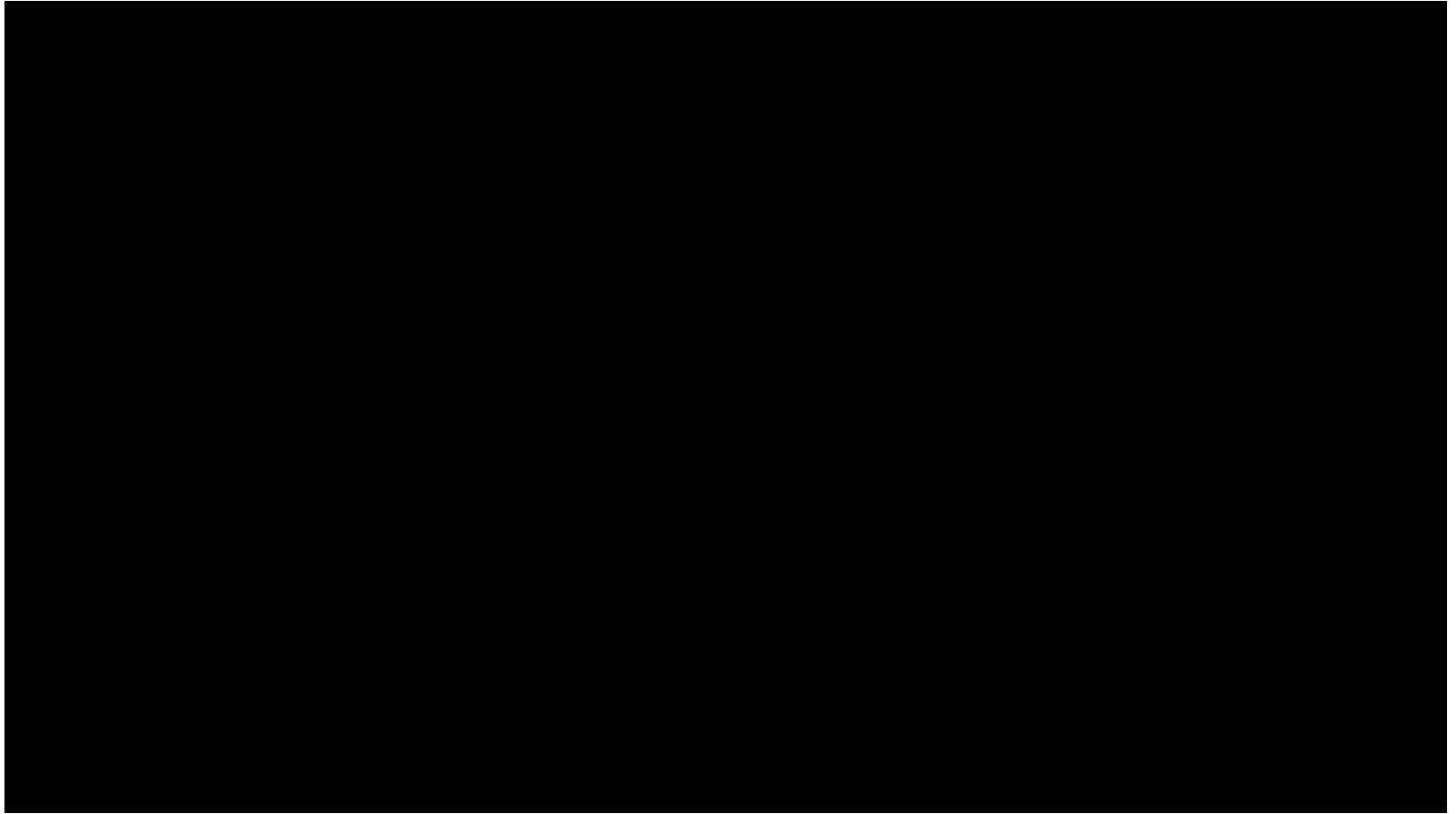
Family
time


New
friend



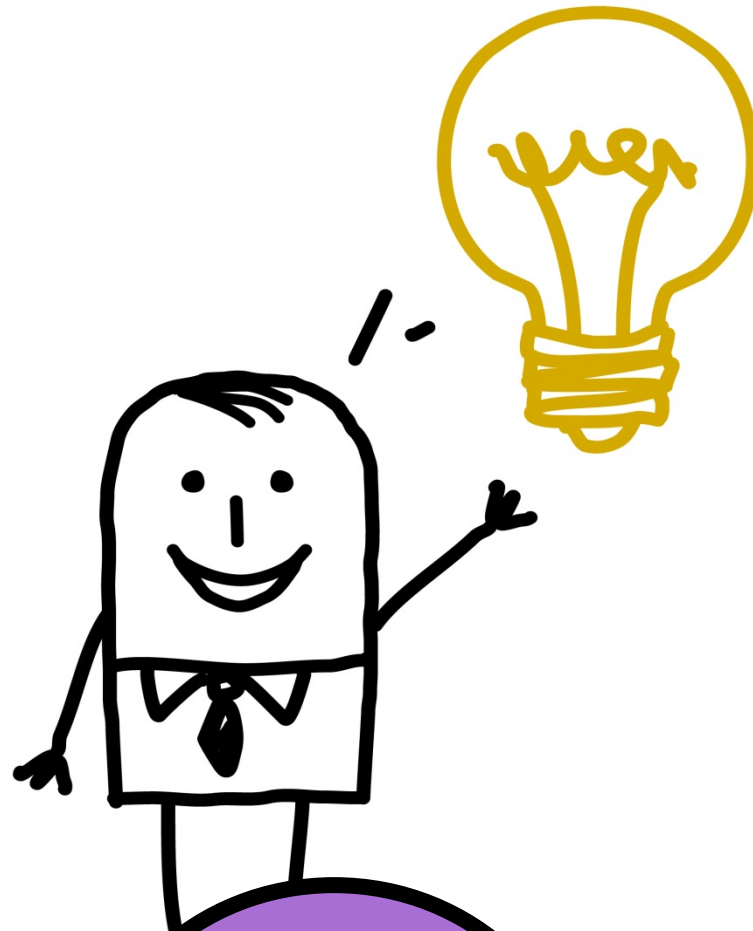
2

Be Active





What simple changes could you make to increase how much exercise you get each week?



Walk
to
school


Join a
team

New
hobby

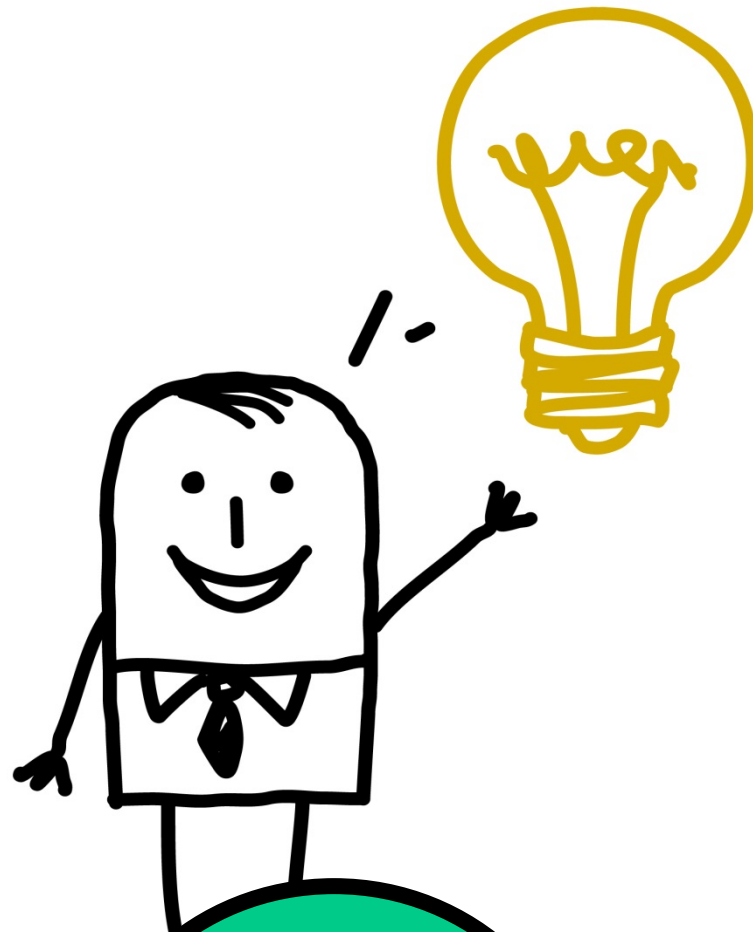


3

Keep
Learning



You do this
everyday... but is
there something new
you'd like to learn
outside of normal
classes?



Cook


Sport

Craft



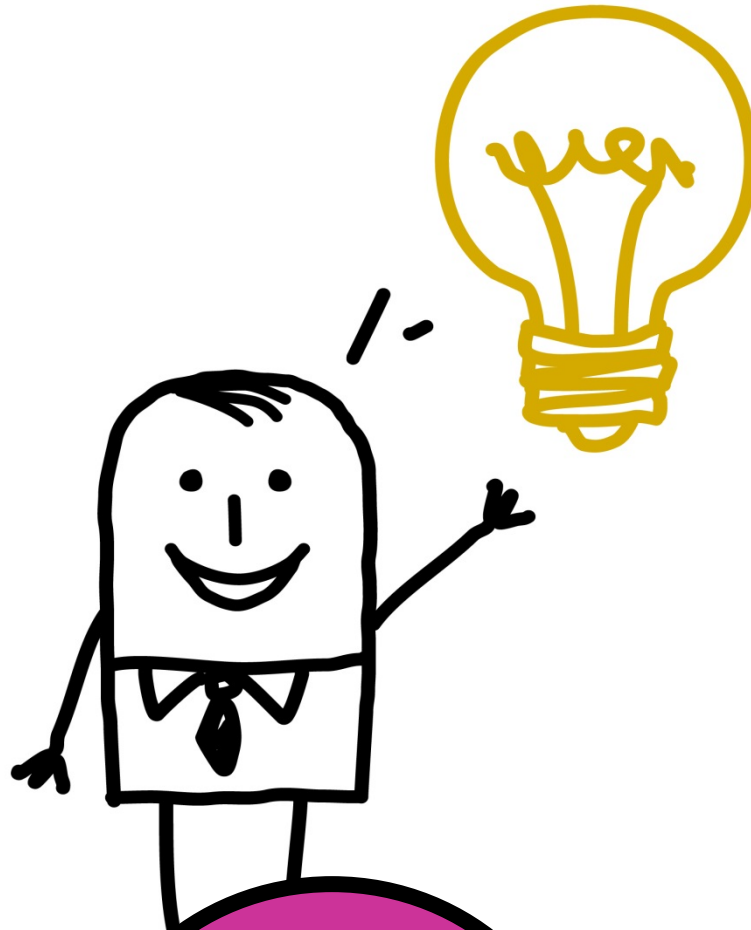
4

Give



What little things can you easily do each day to show kindness to others?

What about bigger things like volunteering?



Be
kind

Help at
home

Give
your
time

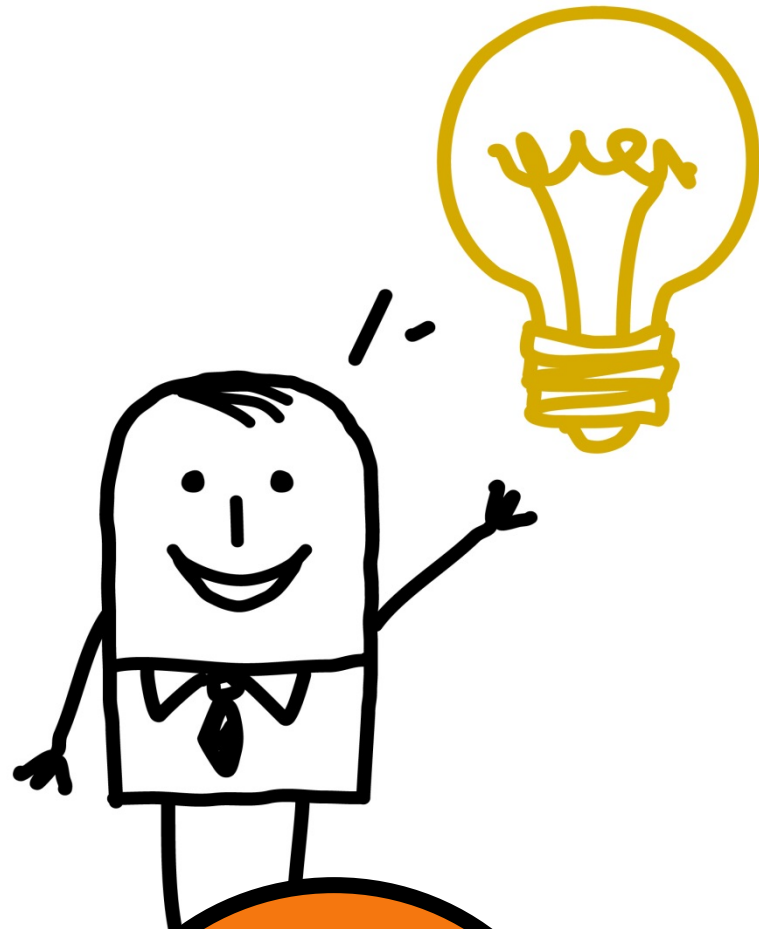


5

Take Notice



Take notice of the
world around you and
what you are feeling



Eat

Walk

STOP!



Make at least one small change... try it
for a week... encourage friends to do
the same

