



When creating your bunting please ensure that it is in page number order, ie: starting with The purple Six Ways and ending with Learn and Discover



SIXWAYS
to wellbeing

connect

**Nurturing relationships
and building new
connections,
will help
you feel and
live better.**



SIXWAYS
to wellbeing

give♥

**Doing something kind
for others, improves
their lives
and our own.**



SIXWAYS
to wellbeing

take
notice

Mindfulness in each
moment can help us
better understand
ourselves.



SIXWAYS
to wellbeing

be *active*

Movement that feels
good and fits
your ability, can boost
your mood.



SIXWAYS
to wellbeing

be **healthy**

**Eat, drink, sleep and look
after your personal
safety to improve
your contentment.**



SIXWAYS
to wellbeing

learn and
discover

Learning boosts our
self-esteem, helping
us to grow stronger
and more confident.