

CONNECT with family and friends. At home, at school or in your local community
(Five ways to wellbeing)

.....

Be active...
(Five ways to wellbeing)

.....

Take notice...
Be mindful, be curious
(Five ways to wellbeing)

.....

Keep learning...
(Five ways to wellbeing)

.....

Give...
(Five ways to wellbeing)

.....,



