

Ways to well-being: **Connect**

**The
Children's
Society**

*Talk with family.
See friends.
Share.*

childrenssociety.org.uk/ways-to-well-being

Charity Registration No. 221124 PCR023/1214



Ways to well-being: Keep learning

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Society

*Read for fun.
Teach yourself.
Grow.*

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Ways to well-being: Be active

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Society

*Walk. Cycle.
Run around.
Keep well.*

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Ways to well-being: Take notice

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Society

*Look around you.
Listen. Rest.
Be.*

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Ways to well-being: Be creative and play

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Society

*Draw, paint, act.
Play more.
Dream.*

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