

5 Ways to Wellbeing for Children

The 5 ways to wellbeing are 5 simple things that can help children and young people boost their wellbeing and feel good:

				
<p>Connect</p> <p>Spending time with the people around us improves our sense of belonging and makes us feel good.</p>	<p>Be Creative</p> <p>Using your imagination and making time to have fun and play can help you to feel good.</p>	<p>Keep Learning</p> <p>Learning new skills can give you a sense of achievement and a new confidence.</p>	<p>Be Active</p> <p>Being active isn't all about looking good; it helps us feel good too.</p>	<p>Take Notice</p> <p>It's not often we stop to take notice of the world around us, think about how we are feeling or try to live in the moment.</p>