



MY WAYS TO WELLBEING

CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club. Talking, playing and staying in touch with others is a great way to feel good.

MY FAVOURITE WAY TO CONNECT WITH OTHERS IS...

Why not write a postcard or a note to someone, just to say hello?

Try asking someone an OPEN question (where they can't answer just 'yes' or 'no')

MY FAVOURITE PLACE TO CONNECT WITH OTHERS IS...

MY FAVOURITE PERSON TO TALK TO IS...

HELLO!



Call or video chat with someone you miss

I LIKE IT WHEN PEOPLE CONNECT WITH ME BY...