

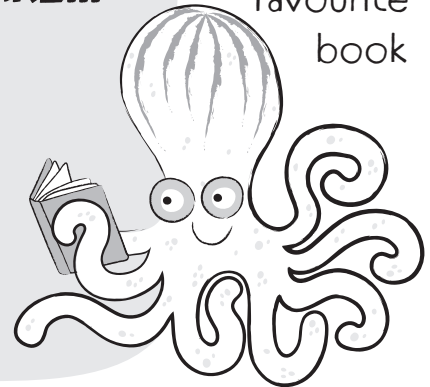
# MY WAYS TO WELLBEING

## FIND TIME FOR YOU

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

### A FEW THINGS I REALLY ENJOY DOING ARE...

Read your  
favourite  
book



Get  
creative!  
Draw or paint,  
make or cook  
something or  
write a story

### SOMEONE I REALLY LIKE SPENDING TIME WITH IS...

### SOMETHING NEW I'D LIKE TO TRY IS...



Learn a  
new word  
... or even a  
word in a  
different  
language!

### SOMEONE I'D LIKE TO SPEND MORE TIME WITH IS...