

MY WAYS TO WELLBEING

GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

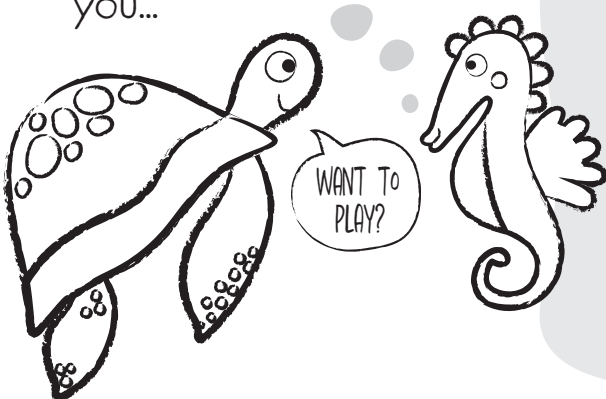
SOMETHING I CAN DO TO HELP OUT AT HOME IS...

I CAN MAKE PEOPLE SMILE BY...

Make someone laugh when they're gloomy! Tell your favourite joke...



Invite someone new to join in a game or activity with you...



SOMETHING I CAN DO TO HELP OUT AT SCHOOL IS...