



Five Ways to Well Being

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Five Ways to Well Being

Symbol Book

Published by Widgit Software

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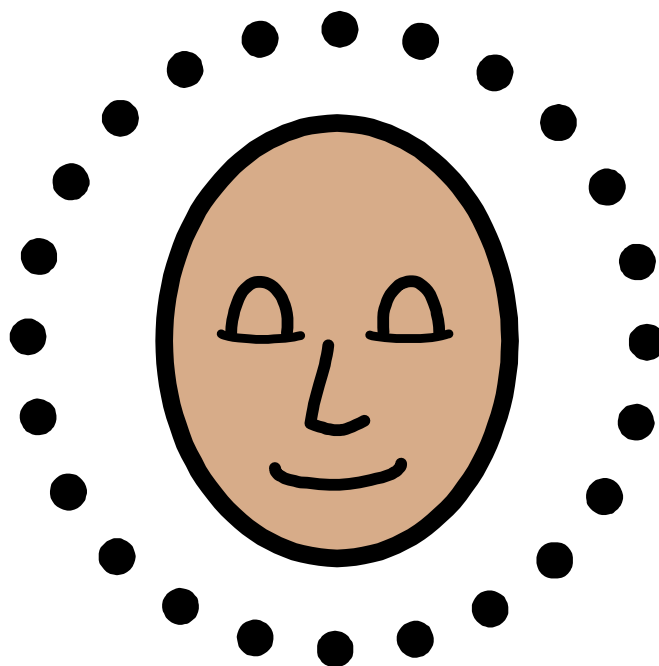
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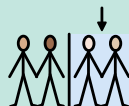
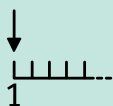
Dr Jerricah Holder

www.schoolwellbeingcards.co.uk

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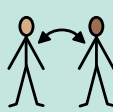
'Five Ways to Well Being' can help improve your well being.



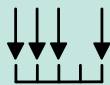
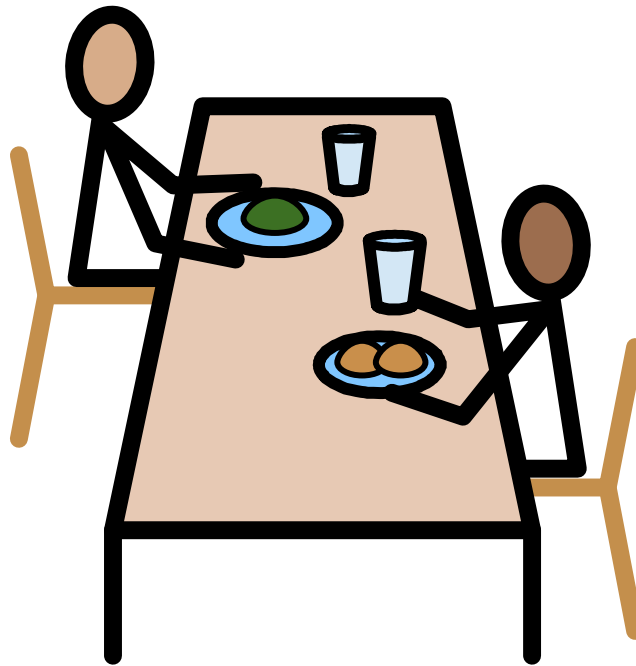
The first way is to connect with other people.



Being with friends and family helps you to feel safe.



You can support each other.



There are many ways you can spend time with other people.



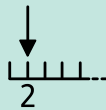
Switch off the TV and play a game.



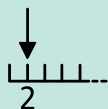
Make time to cook and eat meals together.



Go for a walk together in the park or countryside.



Walking is part of the second way too.



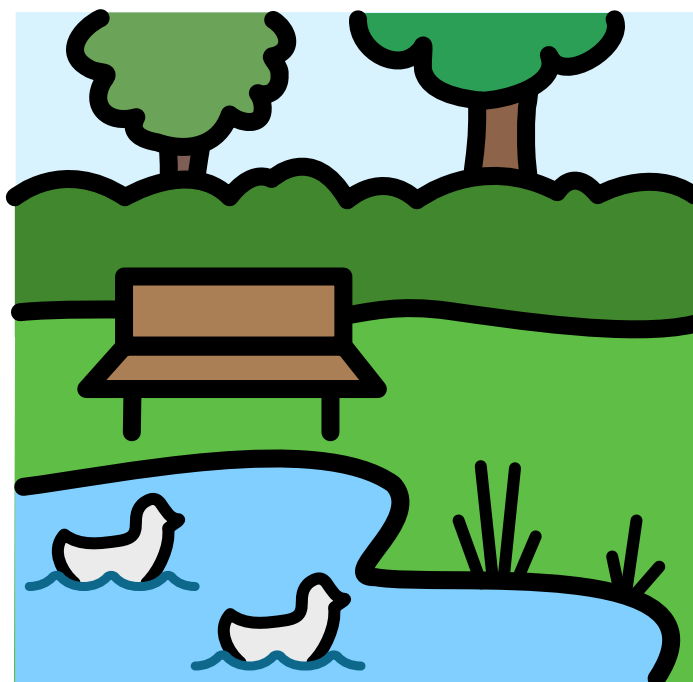
The second way is to be active.



Exercising feels good and keeps you fit and healthy.



Being fit and healthy helps you feel better about yourself.










 You can keep fit for free.







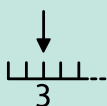
 Running, cycling and skipping are all good exercise.





 So is playing football with your friends in the park.

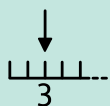





 Gentle yoga and swimming are good for you too.



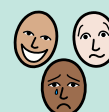
Meditation is part of the third way.



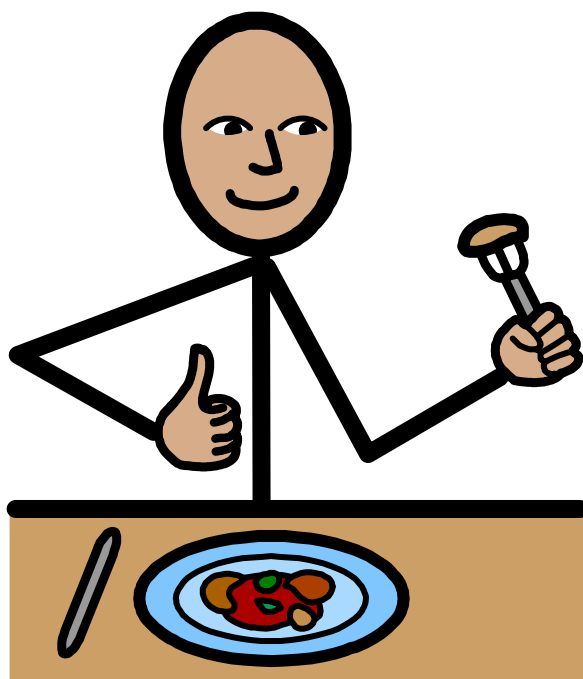
The third way is to take notice.



Noticing what you are feeling is called mindfulness.



Mindfulness helps you understand thoughts and feelings.



Mindfulness is knowing what is happening inside yourself.



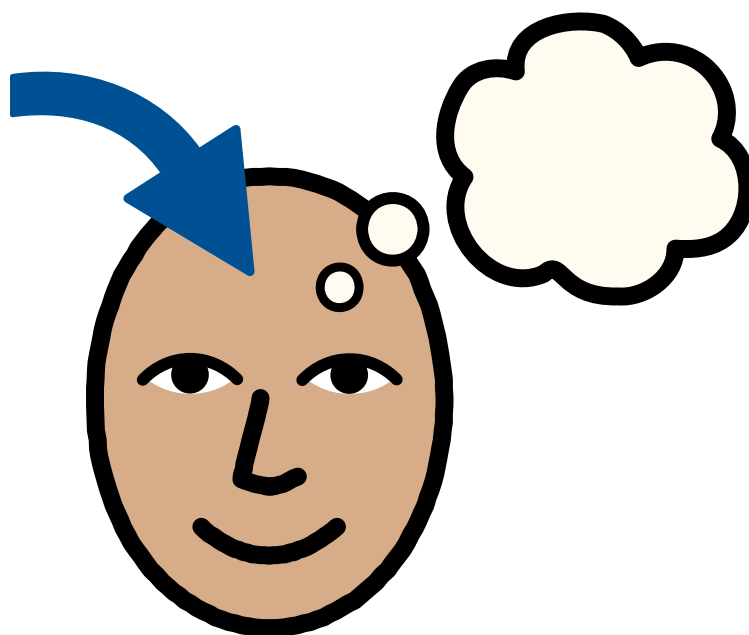
Mindfulness is noticing what is happening around you.



Noticing your breathing can be mindfulness.



Enjoying the food you eat can be mindfulness!



The fourth way is to continue learning.



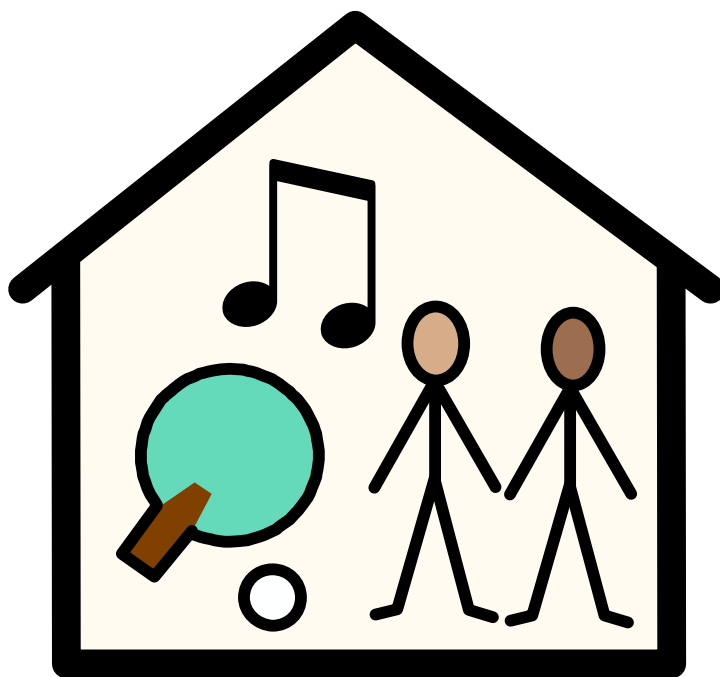
Learning can help you feel confident.






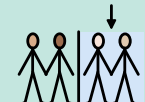


More confidence helps you feel better about yourself.



Learning can help with all aspects of well being.



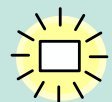










 Joining a club helps you connect with other people.








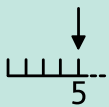
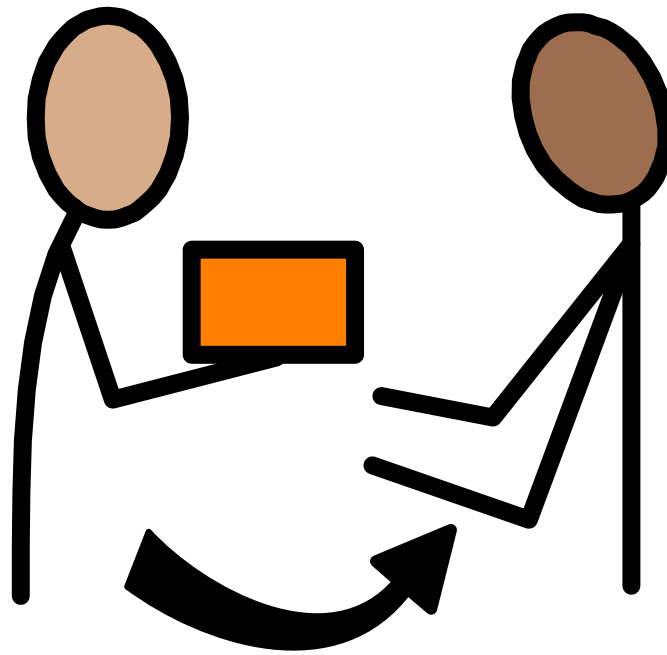




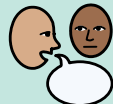

 So can learning to cook a new recipe with family.






 A new sport will help you to be active.

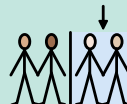





 Gardening will help you move and take notice.



The fifth way is to give.



Giving can be smiling and saying thank you.



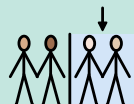
You can give your time to help other people.



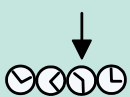
You can help a friend.



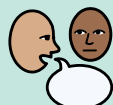
Being kind and helpful make you feel good.



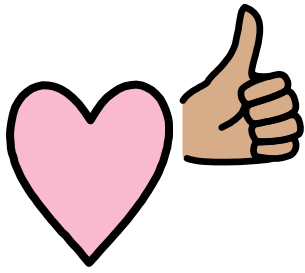
Supporting others is rewarding and helps you to connect.



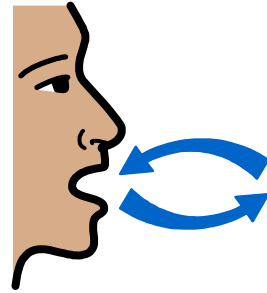
Sometimes simply listening to people can help.



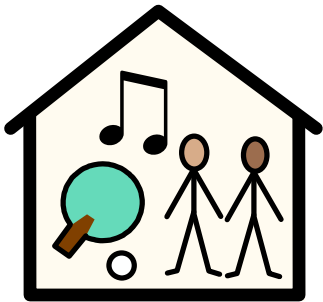
You can also talk about 'Five ways to Well Being'.



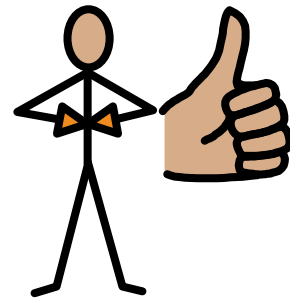
be kind



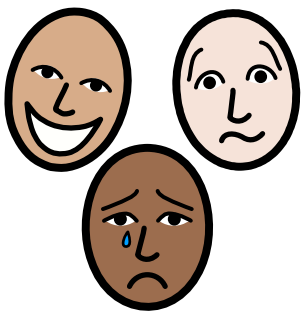
breathing



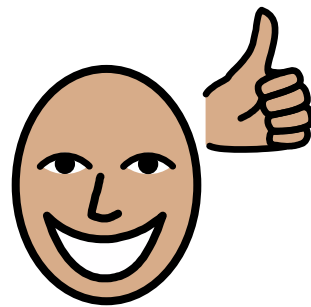
club



confident



emotions



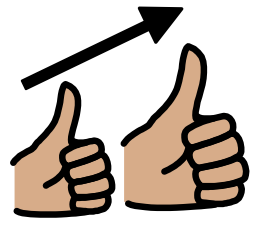
enjoy



exercise



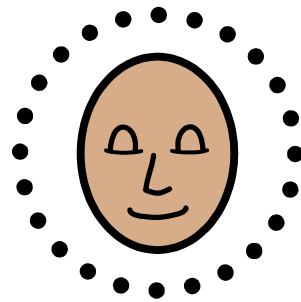
feel



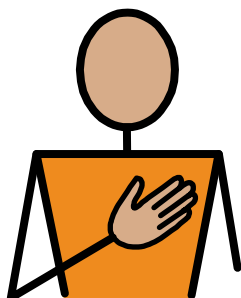
better



feel good



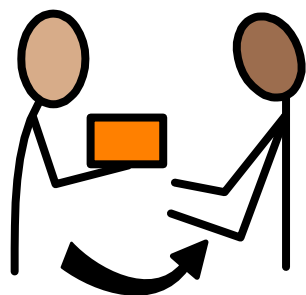
feel safe



feelings



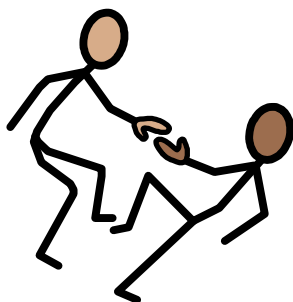
gardening



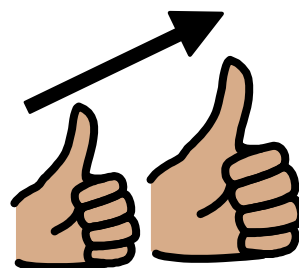
give



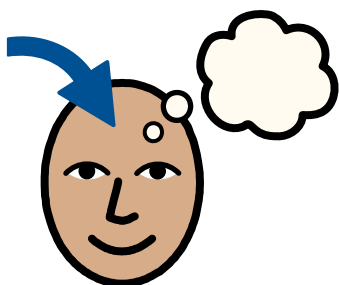
healthy



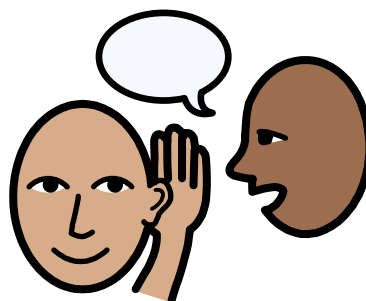
helpful



improve



learning



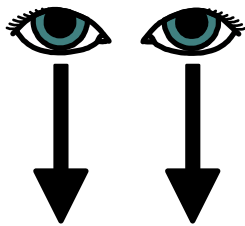
listen



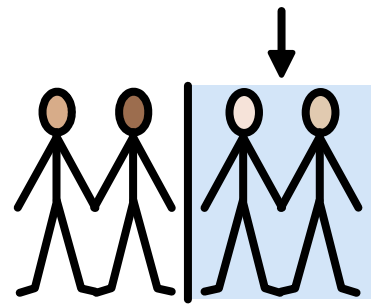
meditation



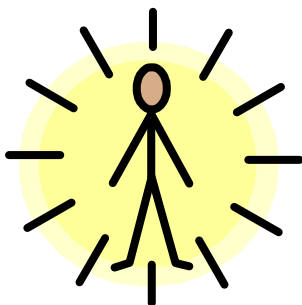
mindfulness



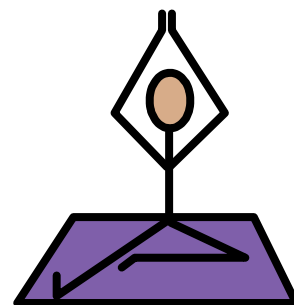
notice



other people



well being



yoga