



# MY WAYS TO WELLBEING

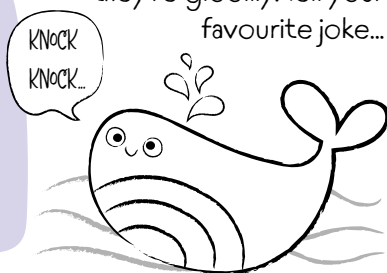
**GIVE**

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.

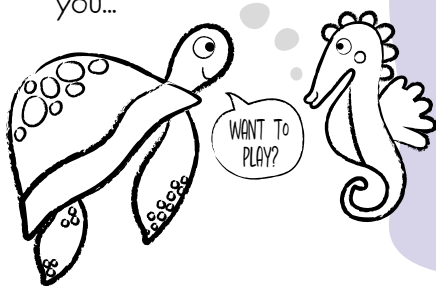
**SOMETHING I CAN DO TO HELP OUT AT HOME IS...**

**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...**