



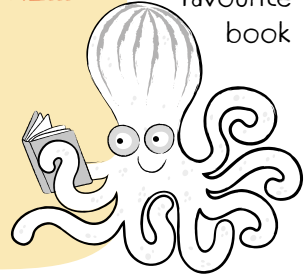
MY WAYS TO WELLBEING

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...