



# MY WAYS TO WELLBEING

## CONNECT

Connect by spending time with other people (or pets!)  
- at home, in school or at a club. Talking, playing and  
staying in touch with others is a great way to feel happier.

### MY FAVOURITE WAY TO CONNECT WITH OTHERS IS...

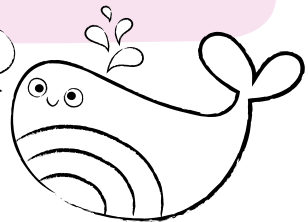


Try asking someone an  
OPEN question (where  
they can't answer just  
'yes' or 'no')



### MY FAVOURITE PLACE TO CONNECT WITH OTHERS IS...

HELLO!



### MY FAVOURITE PERSON TO TALK TO IS...



Call or  
video chat  
with  
someone  
you miss

### I LIKE IT WHEN PEOPLE CONNECT WITH ME BY...