



5 ways	Ideas	What you did	Evidence (photo or other)
Connect	<p>Talk to someone instead of sending a text</p> <p>Speak to someone new</p> <p>Ask how someone's weekend was and really listen when they tell you</p> <p>Put five minutes aside to find out how someone really is</p>		
Be active	<p>Take the stairs not the lift</p> <p>Go for a walk at lunchtime</p> <p>Organise a school sporting activity</p> <p>Have a kick-about in a local park</p> <p>Do some 'easy exercise', like stretching,</p>		
Take notice	<p>Have a 'clear the clutter' day</p> <p>Take notice of how your friends/ family are feeling or acting</p> <p>Visit a new place</p>		

Learn	<p>Find out something about your friends/ family/ teachers</p> <p>Read the news or a book</p> <p>Set up a book club</p> <p>Do a crossword or Sudoku</p> <p>Research something you've always wondered about</p> <p>Learn a new word.</p>		
Give	<p>Saying thank you to someone for something they have done for you</p> <p>spending time with friends or family who need support or company</p> <p>Offering to help someone</p> <p>Volunteering in your community</p>		



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



Your time,  
your words,  
your presence