5 ways to... wellbeing

FIVE TAKE NOTICE

The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Taking notice means watching the world around you and enjoying the little things.

Why not try some of these...

- Look at what you can see out of your window and how it changes
- Paint or draw a picture of something you've seen today
- Think about how you are feeling today
- Listen to the sounds of nature like the wind and rain
- Play I spy
- Notice how your friends or family are feeling today

What ideas can you think of to...

TAKE NOTICE

Find out more about the Five Ways to Wellbeing at:

derbyshire.gov.uk/fiveways

DERBYSHIRE County Council