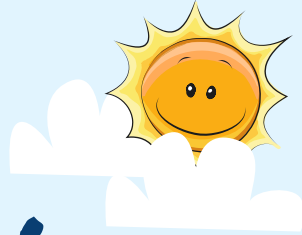


5 A Day On Wellbeing Way



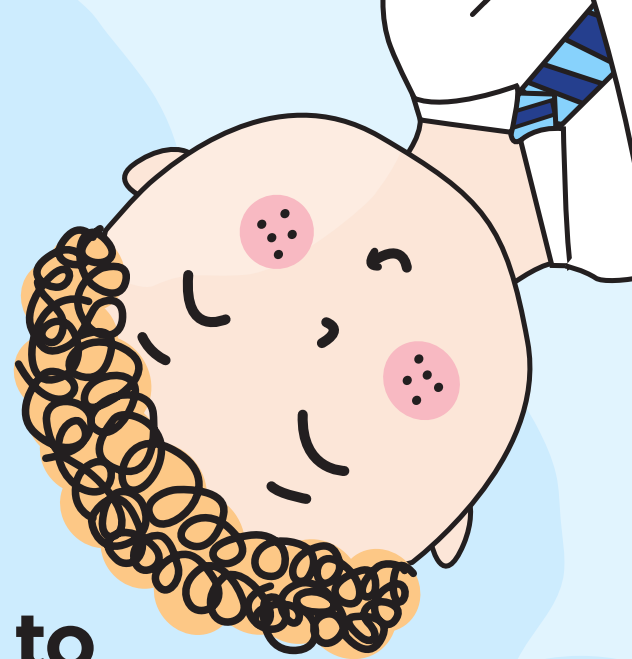
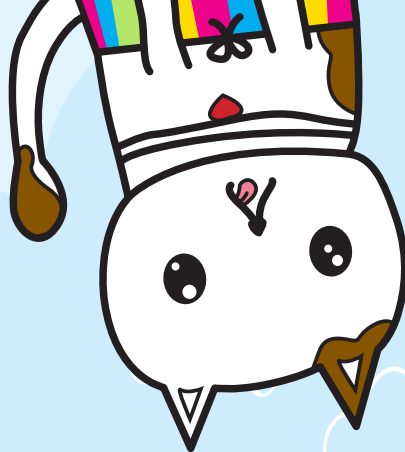
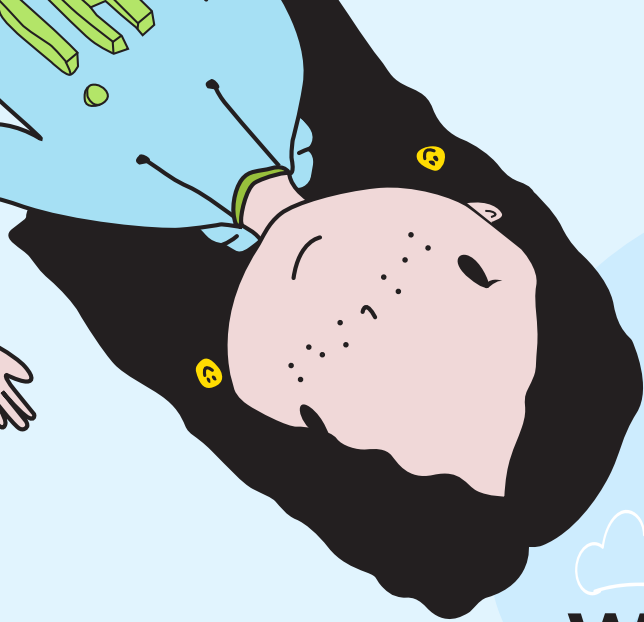
**Connect, Be Active, Take Notice, Keep Learning,
Give. These are the '5 Ways to Wellbeing'.**

**They are the best ways to support and improve
wellbeing for children and adults and are based on
the latest scientific research. The approach uses
the idea of 5 things we can do in every day life to
improve our mental health and wellbeing.**

**‘Positive Wellbeing
is feeling good and
functioning well.’**

New Economic Foundation 2008





**5 A Day On Wellbeing
Way introduces the 5 Ways to
Wellbeing through 5 alliterative characters.
Visit www.wellbeingway.co.uk to read
and listen to the story and
accompanying song.**

