

5 A Day On Wellbeing Way



The five ways to Wellbeing is a research backed initiative (NEF 2008) designed to offer simple ways to improve our wellbeing everyday. The project is funded by The Department for Education and resources developed by Croydon Council which include:



5 A Day Mental Health & Wellbeing Guide

A digital guide for parents & practitioners to improving our wellbeing through practical information, guidance and supporting activities



5 A Day on Wellbeing Way Storybook

A digital 5 A Day On Wellbeing Way childrens storybook with sing along song audio version



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Alternatively you can visit www.wellbeingway.co.uk