

Complete each section of the worksheet by answering the questions which relate to each one.

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| **Connect**  Who can you go to for support in different areas of your life? – E.g. parents, teachers and peer groups. |  |
| **Be Active**  What can you do every day to be more active? |  |
| **Take Notice**  What strategies can you do to deal with the stresses in your life? How could you support others as well? |  |
| **Keep Learning**  What new things would you like to learn about? How could you achieve this? |  |
| **Give**  How could you do something for someone else? |  |

**Connect**

Have people around you, connect with others in your life. Building these connections can support and enrich your life every day.

**Be Active**

Find a physical activity that you enjoy, exercising can make you feel good.

**Take Notice**

Be aware of the world around you and what you are feeling. Reflect on your experiences.

**Keep Learning**

Learn something new. Set yourself a new challenge that you will enjoy achieving.

**Give** Seeing yourself and your happiness as linked to the wider community can be incredibly rewarding and creates connections with the people around you.









