

### **Connect**

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school and in your local community.

### **Be active**

Go for a walk or a run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

### **Take notice**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons.

### **Keep learning**

Try something new. Fix a bike. Learn to play a musical instrument or how to cook your favourite food. Set a challenge. Learning new things will make you more confident as well as being fun.

### **Give**

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Look out, as well as in.

