

5 Ways to Wellbeing Game

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

The 5 Ways to Wellbeing are:

Connect
with other
people

Be
physically
active

Learn new
skills

Give to
others

Take notice

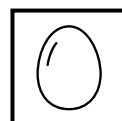
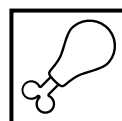
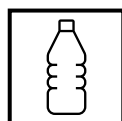
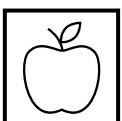
What you will need to play the 5 ways to wellbeing game:

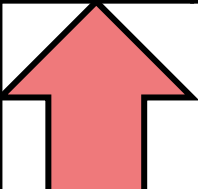
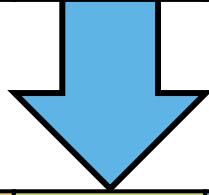
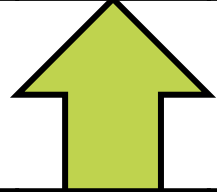
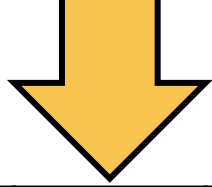
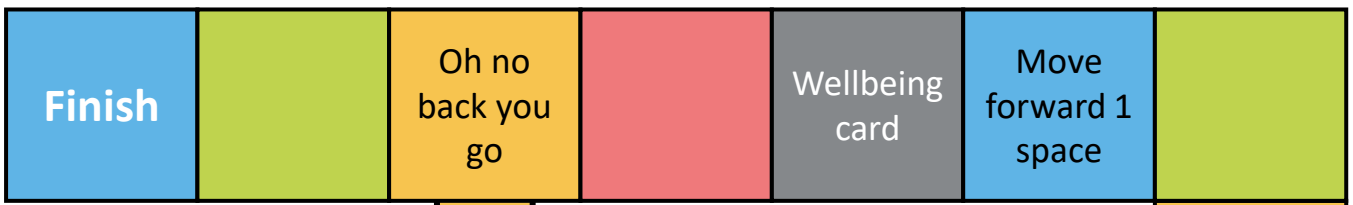
- 2 – 4 people to play
- A Dice

How to play

1. Cut out the counters below or why not make your own?
2. Cut out the wellbeing cards on the next sheet.
3. Each player takes turn to roll the dice.
4. The player with the highest roll goes first then move clock wise while playing the rest of the game.
5. If you land on a wellbeing card square pick up a well being card and perform the task. If you successfully complete the task move forward 1 square.
6. The first player to the finish square wins.

Tip: Laminate this sheet and game pieces, or place them in a poly pocket to keep everything safe.





<p>CONNECT</p> <p>Speak to someone you haven't spoken to today</p>	<p>CONNECT</p> <p>Read/ make up a quick (around 1 min) story to the people playing this game</p>	<p>CONNECT</p> <p>Find someone you have something in common with</p>
<p>BE ACTIVE</p> <p>Jog on the spot for 10 seconds</p>	<p>BE ACTIVE</p> <p>Do 10 star jumps</p>	<p>BE ACTIVE</p> <p>Do 1 push up</p>
<p>KEEP LEARNING</p> <p>Find out one new thing about where you are right now</p>	<p>KEEP LEARNING</p> <p>Tell people one new thing you learned last week</p>	<p>KEEP LEARNING</p> <p>Add up all the ages of the people playing this game</p>
<p>GIVE</p> <p>Say hello to someone by using a different word, phrase or sign</p>	<p>GIVE</p> <p>Write down something nice about someone playing this game</p>	<p>GIVE</p> <p>Think of something you can give instead of money to make someone happy?</p>
<p>TAKE NOTICE</p> <p>Look around the room and find something you haven't noticed before</p>	<p>TAKE NOTICE</p> <p>How many people can you see with... (pick 1 option)</p> <ul style="list-style-type: none"> A. Sitting Down B. Smiling C. Wearing jewellery 	<p>TAKE NOTICE</p> <p>Play one quick round of eye spy</p>

**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



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CARD**



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