

Five Ways to Wellbeing

Building Belonging Together



Connect

Connect with others to build a sense of belonging

- Say hello to someone new
- Invite a friend to join you – walking home or playing a game together
- Share something you enjoy e.g. a song, book or hobby



Learn

Learn something new with others in your community

- Learn something about a friend's culture or hobby
- Teach a friend a game, recipe or trick you know
- Try a group challenge – a puzzle, dance routine or craft project that everyone can join in



Be Active

Stay energised, build belonging and move together

- Go for a walk with a friend
- Join a group activity – football, dance or a park run helps you feel included
- Make a playlist with friends for a walk or run together



Notice

Be present with those around you and your surroundings

- Notice friends that make you feel good
- Pause and look around your space – what makes your school, home or community feel like your place?
- Celebrate what makes you unique



Give

Helping others helps everyone feel they belong

- Tell someone what you appreciate about them
- Say thank you – show gratitude for acts that make you feel welcome
- Volunteer together – helping in your community strengthens connections