

Write or draw what kindness  
means to you:

Congratulations  
on your week of wellbeing –  
being kind sends a powerful  
message about our connections  
to each other and the world  
around us.

# My Wellbeing Acts

My name is \_\_\_\_\_

Me

Important: These acts should only be  
completed in a safe environment with people  
you know and trust. If unsure, please ask a  
teacher or parent/career.

Think of five acts that you can do during the week to demonstrate each of the 5 ways to wellbeing.

Be Active

3

Connect

Could I talk to someone new?

4

Learn

1

You can tick here when you complete your task

Take Notice

5

Give

2

Can I play with someone new?

Could I pay attention to how someone might be feeling?

Can I help someone with something?

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