

## Well-being: Ways to well-being

## worksheet

Read the sentences. Match them to the ways to well-being. Some have more than one answer.

1. Connect	2. Be active	3. Notice
4. Learn	5. Be creative and play	6. Help and give

Example: Play a board game with your family. 1, 5

- a. Do a five-minute exercise video. \_\_\_\_\_
- b. Open the window and listen. Write down what you hear. \_\_\_\_\_
- c. Talk to your grandparents on the phone. \_\_\_\_\_
- d. Do the washing-up after a family meal. \_\_\_\_\_
- e. Plant some seeds. \_\_\_\_\_
- f. Try a new recipe and cook some food for your family. \_\_\_\_\_
- g. Make a quiz to do with your friends online.
- h. Go for a walk. \_\_\_\_\_
- i. Talk to your parents if you are worried about something. \_\_\_\_\_
- j. Practise your English on a website like LearnEnglish Kids. \_\_\_\_\_

**Now write another activity for each way to well-being.**

- Connect: .....
- Be active: .....
- Notice: .....
- Learn: .....
- Be creative and play: .....
- Help and give: .....