

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: