

**WHAT ARE THE
5 NHS WINNING
WAYS TO
WELLBEING?**

**NAME 2 WAYS
IN WHICH
WE COULD
CONNECT WITH
OTHER PEOPLE.**

**NAME 5 TYPES
OF FRUIT AND
VEGETABLES?**

**NAME 2 WAYS IN
WHICH WE COULD
LEARN.**

**NAME 2 WAYS IN
WHICH WE COULD
TAKE NOTICE.**

**NAME 2 WAYS IN
WHICH WE COULD
BE ACTIVE.**

**TALK TO A
NEIGHBOUR?
TALK TO A NEW
CLASSMATE?
VISIT A
RELATIVE?**

**CONNECT, GIVE,
TAKE NOTICE,
KEEP LEARNING,
BE ACTIVE.**

**READ A
NEWSPAPER?
LEARN A NEW
SKILL? COOK A
NEW RECIPE?**

**APPLE, BANANA,
STRAWBERRY
CARROTS,
TURNIPS,
POTATOES**

**WALK UP THE
STAIRS, RIDE A
BIKE, SKIP, RUN
ON THE SPOT**

**STOP AND LOOK
AROUND? BE
HERE AND NOW?
SPEND SOME TIME
IN SILENCE?**

NAME 2 WAYS IN WHICH WE COULD GIVE.

HOW MUCH WATER SHOULD YOU DRINK EACH DAY?

HOW MUCH SLEEP SHOULD WE AIM TO HAVE EACH NIGHT?

HOW MUCH EXERCISE SHOULD WE DO EACH DAY?

NAME 5 FORMS OF EXERCISE?

HOW MANY PORTIONS OF FRUIT AND VEGETABLES SHOULD WE EAT IN A DAY?

6 TO 8 CUPS

**OFFER HELP,
SMILE AT
SOMEONE, SAY
HELLO**

60 MINUTES

7 TO 9 HOURS

5

**RUNNING,
WALKING,
CYCLING,
YOGA**