

DIY is using the 5 Ways to Wellbeing to help us create and connect.



This great colouring book, made by Leah Witton, will help you to think about the 5 Ways to Wellbeing.



The 5 Ways to Wellbeing are:



Connecting –
talk and listen, be there, feel connected.



Giving –
give your time, your words, your presence.



Learning –
embrace new experiences, see opportunities,
surprise yourself!



Being Active –
do what you can, enjoy what you do, move your mood.



Taking Notice –
remember the simple things that give you joy.

Don't forget to send us a photo when you've finished !

We'd love to see your pictures.

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Don't forget to look at our website for news and ideas www.diytheatre.org.uk

Thankyou to our funders



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YOUTH MUSIC



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Create + Connect resource sheet
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