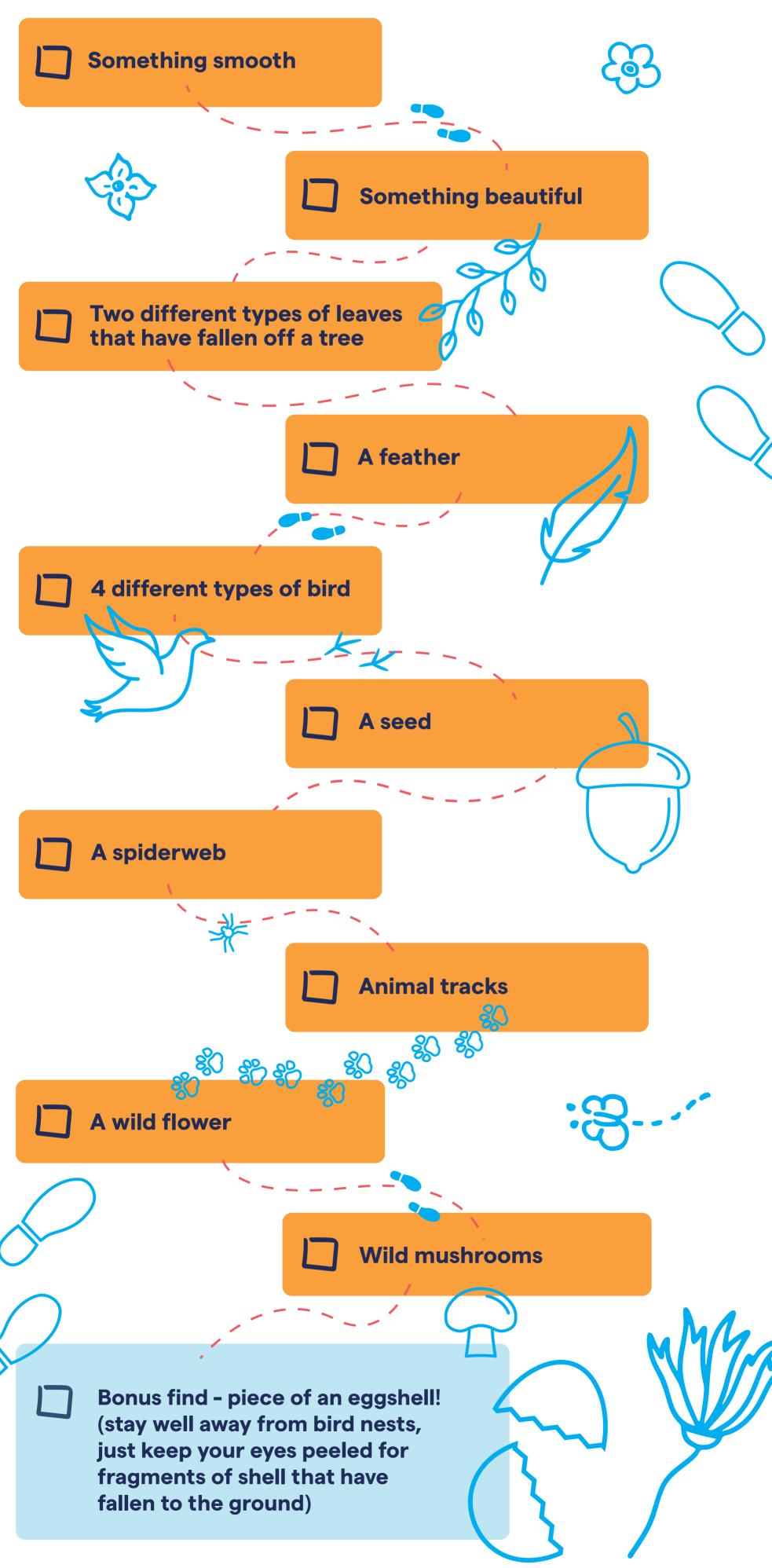
The 5 Ways to Wellbeing are a good starting point when thinking about ways to support your own mental health.

Going on a walk outside and looking for items listed on the scavenger hunt below is a great way of taking notice and being active!

(This is great to do with the kids whilst out and about too- just make sure to tell them to be gentle and leave behind anything nature might miss.)



Mental Health UK

Visit mentalhealth-uk.org/mhaw for more information about our 5 Ways to Wellbeing campaign!