

#5ways5daysNHS challenge

For children and young people



1. CONNECT
2. BE ACTIVE
3. TAKE NOTICE
4. KEEP LEARNING
5. GIVE

Take up our challenge and help yourself and others to feel healthier, happier and more positive!



To join in

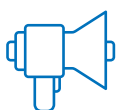
Fit the NHS's Five Ways to Wellbeing into your week by doing some fun activities



Share what you're doing and nominate five friends on Instagram, Twitter or Facebook to do the same with



#5ways5daysNHS



Things are tough right now, but young people can support each other with their mental health – spread the word!