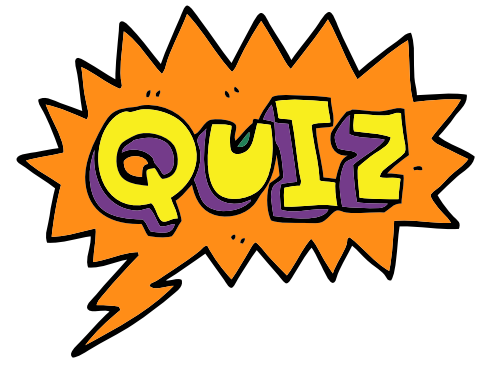


# Ways to Wellness

Are you a Grower, Mover,  
Nourisher or Connector?

Which colour will you get most of?



Question 1: What do you like best?



Learning to  
do  
something  
new



Dancing to  
my  
favourite  
song



Cooking or  
baking my  
favourite  
recipes

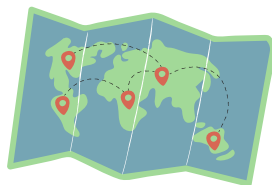


Helping a  
friend feel  
happy and  
special

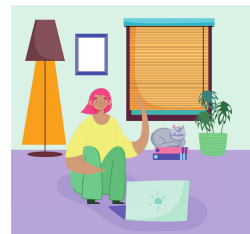
Question 2: What is your favourite place?



I love  
spending  
time in  
nature!



I love  
finding a  
new place to  
visit!



I love  
spending  
time at  
home!



I love being  
out in the  
local  
community!

### Question 3: What are you really good at?



Developing  
my skills or  
independence



Moving my  
body



Making  
healthy  
choices



Communicating,  
using Makaton  
or similar

### Question 4: What do you do most?



Keep up  
with my  
hobbies and  
interests



Keep active  
so I stay  
healthy &  
motivated



Find ways to  
keep myself  
happy &  
healthy



Volunteer or  
help other  
people with  
their tasks

### Question 5: What is your favourite hobby?



Planting  
seeds to  
grow in my  
garden



Doing lots of  
exercise like  
walking or  
wheeling



Relaxing on  
my own or  
with friends



Staying in  
touch with  
people I  
care about