

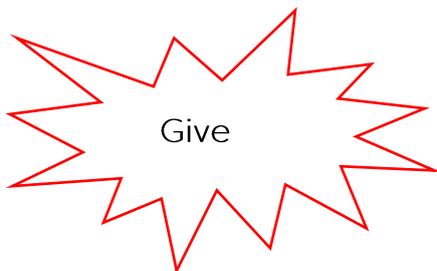
The Five Ways To Wellbeing Superhero

This is **Wellbeing Superhero**.

Wellbeing Superhero has five unique superpowers that give him good emotional health.



Learning makes Wellbeing Superhero feel better and helps him make his life more interesting and fun.



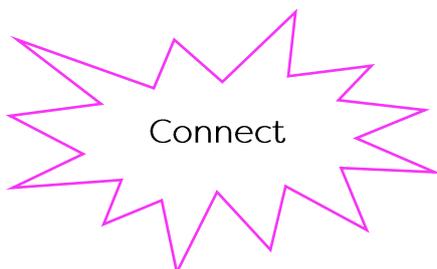
Giving makes Wellbeing Superhero feel good and creative. Wellbeing Superhero suggests the superpower of Give is not only giving objects, but can be giving our time or a hug.



Being Active, even for a short period of time, makes Wellbeing Superhero feel well and pleased.



Noticing things makes Wellbeing Superhero feel more relaxed and think less of other stuff that worries him.



Connecting makes Wellbeing Superhero feel welcome and close to his community, recognizing everyone is there for each other.

Can you help Wellbeing Superhero collect his five superpowers?

List examples of how you would use Wellbeing Superhero's powers.

