

CONNECT 2 THRIVE IN 25

Learn to use chopsticks

Create a memory box

Grow something from seed

Sign up for an art class

Go berry picking and make something with them

Make something with your hands

Watch a classic film with friends

Learn a magic trick

Make a kite and fly it

Cook an entire meal yourself

Write a letter to a friend or family member

Visit a museum

Make a collage of your dreams and goals

Do some volunteering

Go and watch the sunset

Write a story or poem

Join a park run

Camp out

Start a savings account

Try a new sport

Join a club

Learn a card game

Write three of your own plans in the boxes below

There are five simple things you can do as part of your daily life to boost your wellbeing.

The Five Ways to Wellbeing are:

- **Connect**
- **Be Active**
- **Keep Learning**
- **Give**
- **Take Notice**

They help people take care of their mental health and wellbeing.

Hampshire CAMHS are setting the Connect 2 Thrive in 25 challenge to encourage young people to try new things and incorporate these steps into everyday life.

Throughout 2025 try doing each of these suggested activities at least once. Then give yourself a tick when you have done it.