

# 5 Ways to Wellbeing

## Scavenger Hunt: Winter Walkabout

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

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

Make sure to wrap up warmly! Why not take a flask of a hot drink with you for a warming rest stop during your walkabout?

Something soft



Something beautiful



Two different types of evergreen leaves



An icicle



A little robin red breast



A pinecone



Something covered in frost



Animal tracks



A winter flower



A sprig of holly



**Bonus find! Bright bobble hats!**  
How many of the loudest, brightest bobble hats can you count on your walkabout? (Yes, your own bright bobble hat counts!)

