

Compass

Buzz

Wellbeing Alphabet



For each letter of the alphabet, can you draw/write something that is good for you? When you have finished, circle 5 you plan to do.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z