



Well-Being Activity Sheet

Welcome to the Barnardos Well-Being education programme. In this workshop we will explore issues which affect our Well-Being and look at the services Barnardos provides in communities throughout Ireland.

Please take a moment to answer the following two questions:

What does Well-Being mean to you?

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What things do we need in our lives in order to have positive Well-Being?

Put one entry into each segment of the circle.

