



HAPPY CITY WALK LEADERS' LEAFLET NO.1

5 ways treasure hunt

THEME The 5 ways to wellbeing

This walk is like a treasure hunt. We are going to seek out and uncover little opportunities to get an extra shot of happiness as we walk.

Growing happiness or wellbeing in your life is like water dripping into a reservoir. You need to keep topping it up so you have a reserve there when things are hard and the water levels go down.

The 5 ways to wellbeing are areas of life that have been shown to give the greatest chances of dripping in positive emotions and experiences to fill up your tanks!

Those areas of activity are:

- ① **Connect** (with people around you)
- ② **Learn** (learning anything new helps boost your wellbeing)
- ③ be **Active** (even a small amount of physical activity helps mental health)
- ④ **Notice** (being aware and curious about the world around us)
- ⑤ **Give** (bringing happiness to others boosts ours too).





5 WAYS TO WELLBEING

Preparing for the walk

Choose your treasure hunt ingredients from the list opposite. You can choose 1 item from each of the '5 ways' or a small selection to suit the group. Decide how many of these you'd like people to 'find' during the walk.

Introducing the walk

Introduce the theme of the walk (The 5 ways to wellbeing) to everyone and tell them **we are going to be doing a treasure hunt – but instead of money or gold, we'll be finding small ways to boost our happiness and wellbeing as we walk!**

Set the group their treasure hunt challenge. **On this walk you can take the opportunity to collect...** for example:

- 📍 3 smiles & 3 new things learned
- 📍 1 chance to stride out & 1 chance to spot a bit of nature

The bite-sized version

If you don't have time for a full treasure hunt, try just picking one or two ideas from the list, and invite people to 'find' them and share as they walk.

The walk & talk activity

Connect...

- ♥ Collect smiles from others as you go
- ♥ Find something in common (e.g. birth month, hobby...)
- ♥ Found out something someone is proud of this week/month
- ♥ Collect a good joke from other walkers!

Learn...

- ♥ Something new from a fellow walker
- ♥ Something you'd like to learn more about (via internet/library) after the walk
- ♥ A practice, belief or saying from a different place or background
- ♥ How someone else's family or culture celebrates a happy event

be Active...

- ♥ Spot a chance to really stride out
- ♥ Stretch up, down or out towards something
- ♥ Move to the front & back of the group
- ♥ Take **REALLY** deep breaths that stretch your lungs

Notice...

- ♥ Things to stop and savour
- ♥ A quirky bit of art or architecture
- ♥ An unexpected bit of nature
- ♥ Something great about this place or community

Give...

- ♥ A helping hand to someone
- ♥ Someone around you some positive feedback
- ♥ A thank you to someone
- ♥ Share a favourite saying of yours



5 WAYS TO WELLBEING

After the walk

If your group has a coffee or chat after the walk, you can use this time to get everyone to share their best bit of 'treasure'.

What did you get the most benefit/enjoyment from finding and what are you going to try to find more of in the future?

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.

