



# HAPPY CITY WALK LEADERS' LEAFLET NO.5

## Pass it on...

### THEME Giving

This walk will help us learn ways to boost our own wellbeing and how to pass on wellbeing to others.

It is a chance to **give** and receive top tips for building happiness around us and get that feel good factor as we do.

Plus, happiness is contagious!

There is a lot of evidence to say that our happiness affects people at least '3 degrees of separation' away – so your friend's friend's friend will be affected by how you are doing – even if you never meet.

Since **giving** to others is one of the best ways of giving to ourselves, this walk lets us do both!





# 5 WAYS TO WELLBEING

## Preparing for the walk

Decide on one or more of the questions from the list.

Think of a few personal examples of your own top tips for living well to start things off.

Remember, you can encourage these conversations before, during or after the walk.

## Introducing the walk

Introduce everyone to the theme – **giving** and spreading happiness.

Explain that we're going to share our 'top tips' for the little things we do that help us and others to thrive and flourish.

Encourage people to swap walking companions and to make it fun.

### The bite-sized version

If you don't have time to do all parts of this walk, just suggest everyone shares one top tip for feeling good and functioning well with fellow walkers. What do they do in their week that gives them the most lasting benefits?

# The walk & talk activity

During the walk we're going to be **giving** to ourselves and each other by sharing our tips for living well.

## Main questions

What's your top tip for living well?

What do you do in your everyday life that includes any of the 5 ways to wellbeing?



## Some additional questions you could include...

- ♥ How do you **connect** with people – your friends/family/ neighbours?
- ♥ What small things do you do to increase your **activity** levels?
- ♥ How do you make sure you **notice** the good things in your life?
- ♥ When do you take the chance to **learn** something new?
- ♥ What easy and rewarding ways do you **give** to others?

## To make it more fun you could...

- ♥ Try out some of the ideas with each other or people you pass – as you walk! e.g. if someone says singing makes them happy, try it as a group, or just a couple of you, to see if it works!
- ♥ Grab any chance **DURING** the walk to actually 'pass it on' to people you pass – make it fun – spreading random acts of kindness and wellbeing to the community as you go!



## 5 WAYS TO WELLBEING



### After the walk

If your group has a coffee or chat after the walk, you can use this time to try making a group 'playlist' of the best ideas for building wellbeing.

Invite people to really share how those things make them feel.

Encourage people to do some of these activities during the week to grow wellbeing and 'pass it on' to other people they know.

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.