



Discover

"Practice makes progress" means we can improve by practising instead of trying to be perfect straight away.




Take notice



We can take action to make improvements in our community. When taking part in community participation, happy chemicals called dopamine and serotonin are released in the brain, helping to improve a person's mood.



Connect



Sharing our hobbies and interests with others can help build positive friendships. When you share your interests with someone else, they might have different experiences or knowledge that can help you see things in a new and exciting way.



Give

Showing appreciation for someone is showing how much gratitude you have for that person. You can show your appreciation through giving your time, support or a gift.



Vocabulary

appreciation	The recognition and enjoyment of the good qualities of someone or something.
gratitude	The quality of being thankful and a readiness to show appreciation.
hobby	An activity done for pleasure.
practise	To repeatedly do something in order to get better.
progress	To improve and become more advanced.
volunteer	Offering to do something for free.
motion detection	When an electrical device notices movement.



Move



Being active does not have to involve difficult activities like playing sports or going for a run. Being active means making a conscious effort to move more.