

Wheel of Well-being

How do we connect?



Facilitator's prompts

Ways of connecting:

- Phone
- Text
- Email
- Internet - facebook, etc.
- Talking
- Letters
- Sign language
- Newspapers and books
- Writing
- Reading
- Singing/ music
- Dancing
- Body language
- Smoke signals
- Signs – e.g. road signs
- Different languages

Through 'common ground' or shared interests:

- informal groups– e.g. friends and family
- formal groups – in workplaces
- 'special interest' groups – e.g. DIY Happiness workshops, Somali women's group, mums and tots, etc
- geographical groups – e.g. live in same area

Directions of communication

- One-to-one
- One-to-many
- Many to many
- Many to one

