

Wheel of Well-being finding beauty in unexpected places



This is a great activity for individuals, families and groups to take notice and be more active

- 1 Walk around your neighbourhood.
(You are not merely trying to get from A to B. You are walking 'on purpose'.)
- 2 Try to see things with 'new eyes'.
- 3 Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, look along.

If you're unsure, try framing the subject with your hands as in this illustration and see if it works!

- 4 Fill the frame with as much of the subject as you can.
- 5 Get creative and snap away!
- 6 Use the images to make a collage, screensaver, postcards, whatever.
- 7 Use your images to remind yourself of the hidden beauty in life.

