

Quiet Mornings & Your Well-being

Here are some ways we hope that Quiet Mornings can support your well-being. The Six Ways of Well-being are adapted from the “Five Ways to Well-being” by the New Economics Foundation.

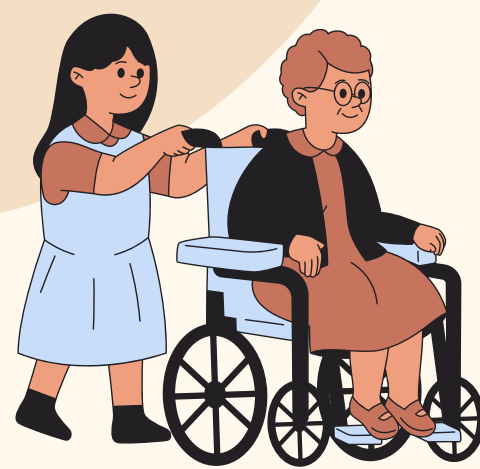
Be Mindful

Quiet Morning is an opportunity for you to be present, relax, and have some “Me” time.



Be Kind

The museum is a place for everyone. Some visitors may have more needs than others, but all are welcomed to join us!



Be Green



We try to recycle materials from past activities/programmes, in our effort to be more “green”.

Be Active

Take a walk to enjoy our galleries on this Quiet Morning!



Be Connected

Find out something new about your friend/family, or a new friend you have met while taking part in today’s activity.



Be Inspired

Explore our galleries to learn more about what inspired our activity today!

