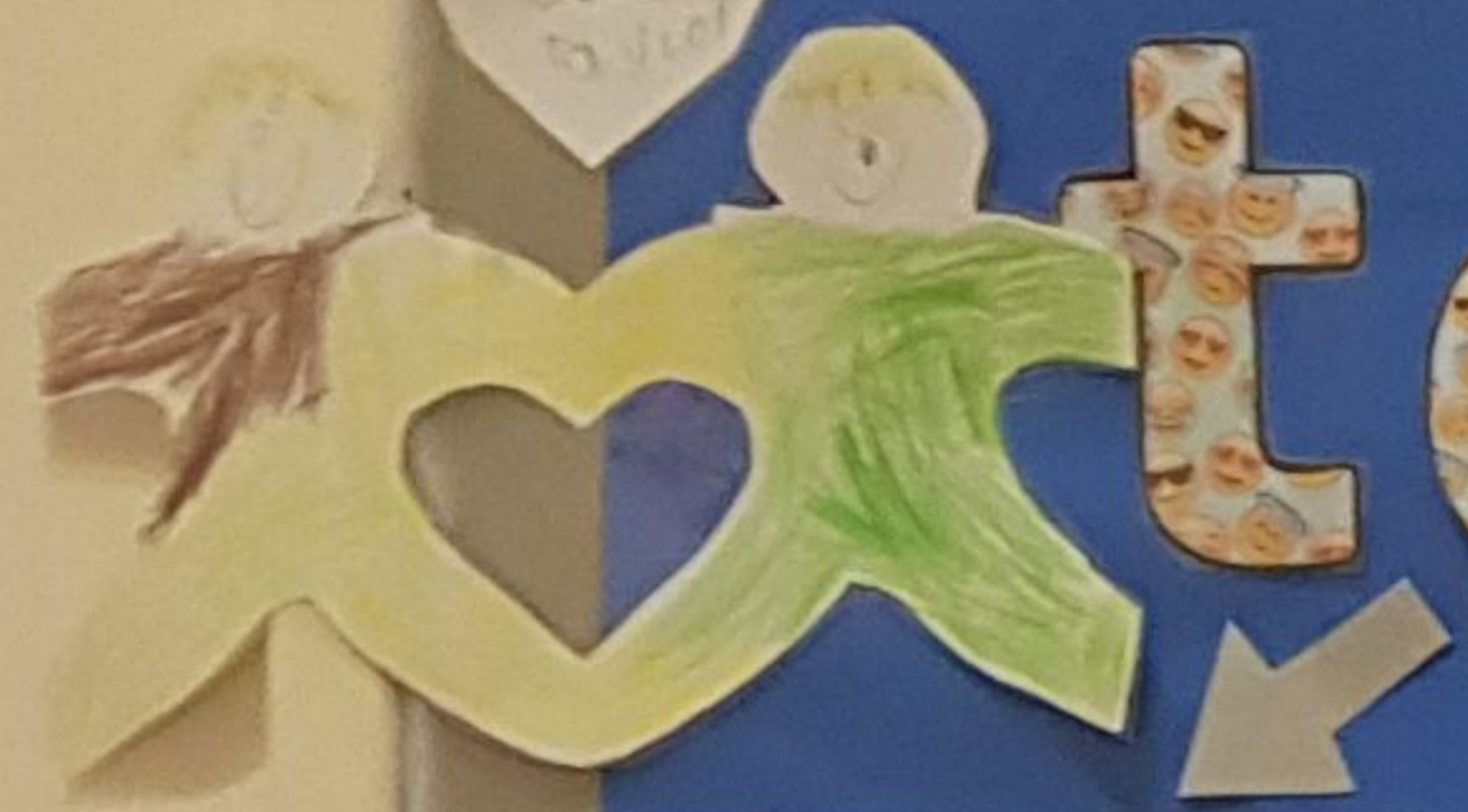




# Winning ways to well being



We support and encourage each other.

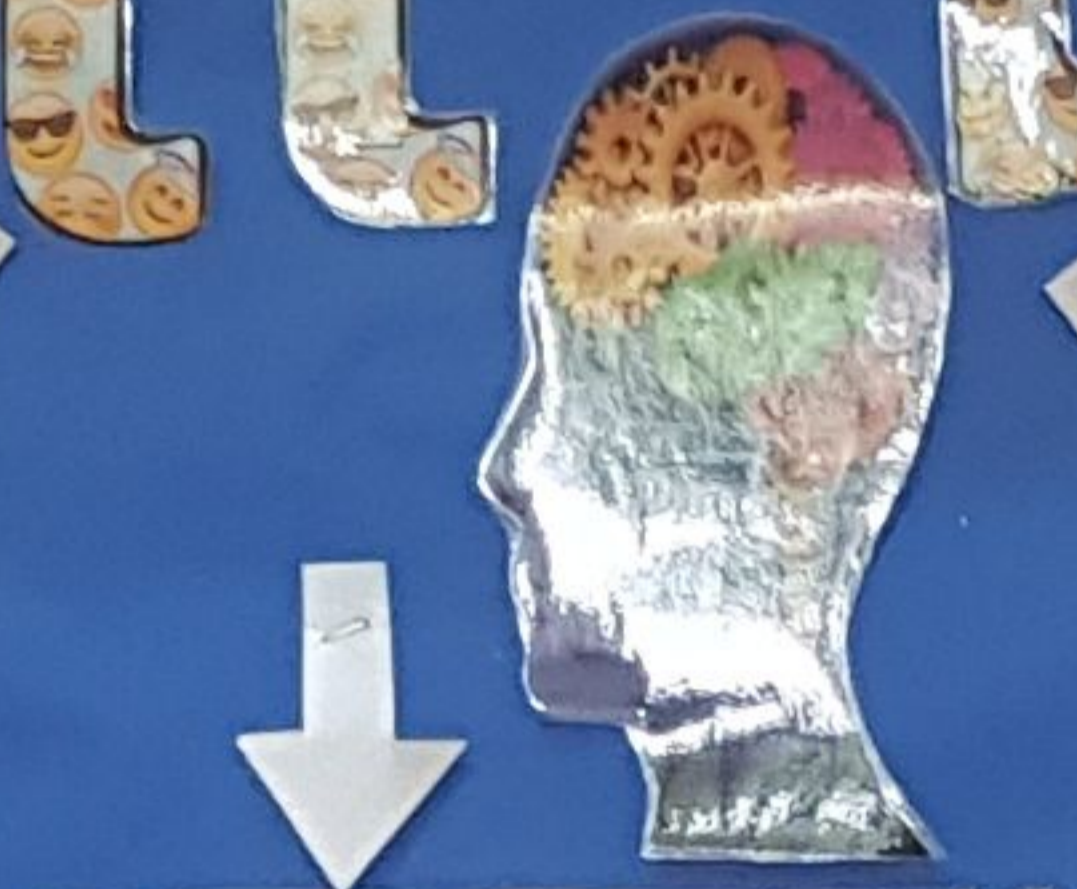


### Be Active

Go swimming  
Play sports with friends  
Walk somewhere  
Skip  
Dance  
Exercise however you like!

### Connect

Talk  
Listen  
Be a Friend  
Spend time with family  
Visit a friend  
Volunteer



### Give

Say 'Thank-you'  
Offer to help  
Include others  
Volunteer  
Do something nice for someone  
Give someone a smile

### Notice

Recognise the beauty around you  
Be aware of your feelings  
Relax  
Meditate  
What can you see, smell, taste, feel, hear?

### Keep Learning

Try something new  
Visit a gallery or museum  
Read a book  
Join a club  
Set yourself goals  
Surprise yourself!



Don't keep your worries to yourself.  
Talk to someone.

Have a think about...

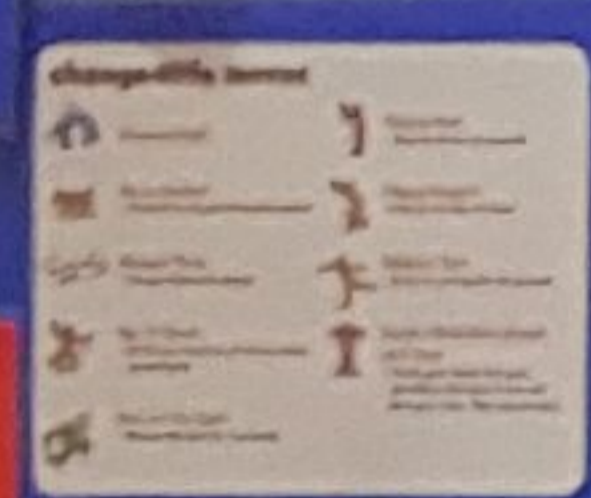
### CONFIDENCE



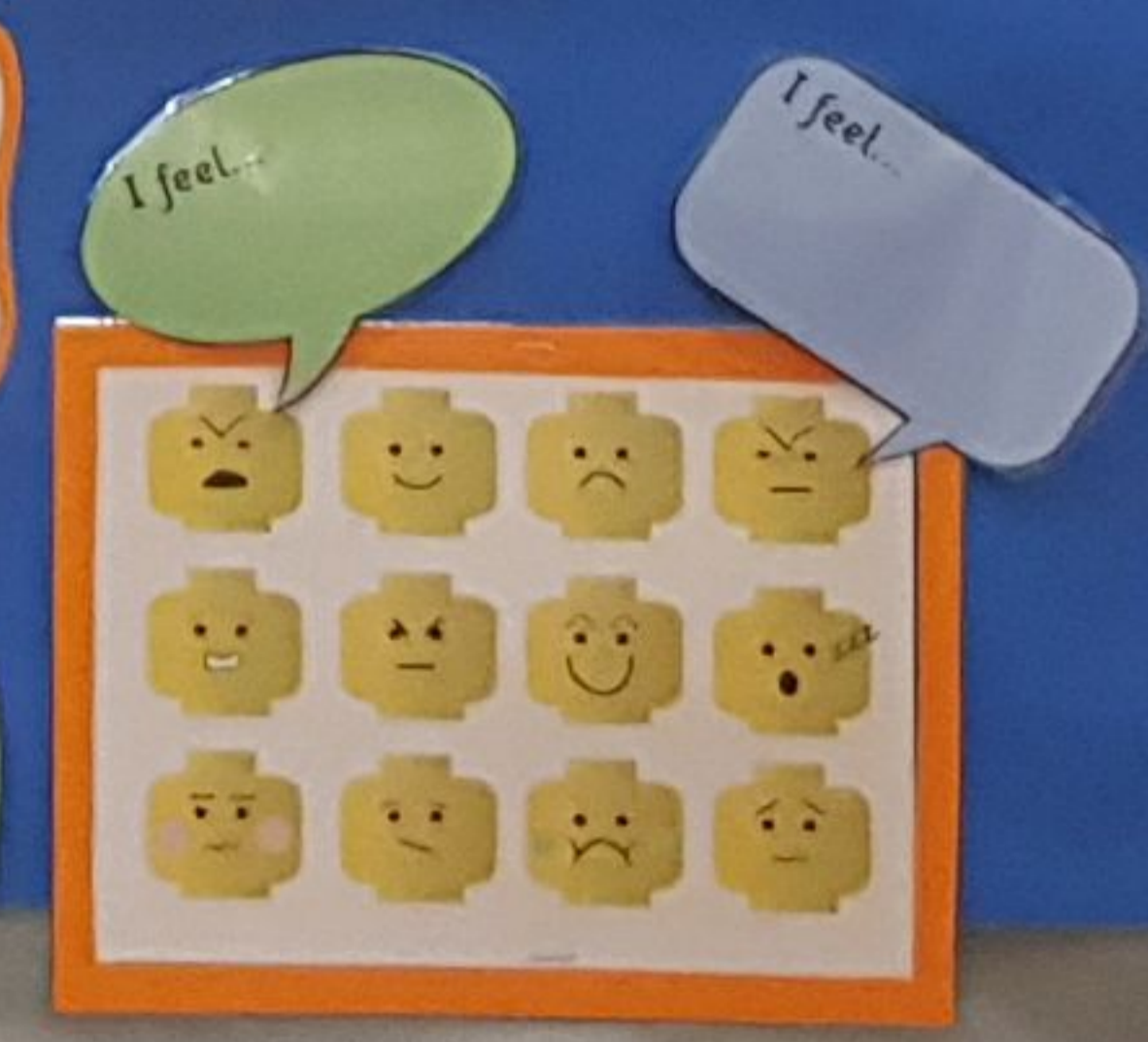
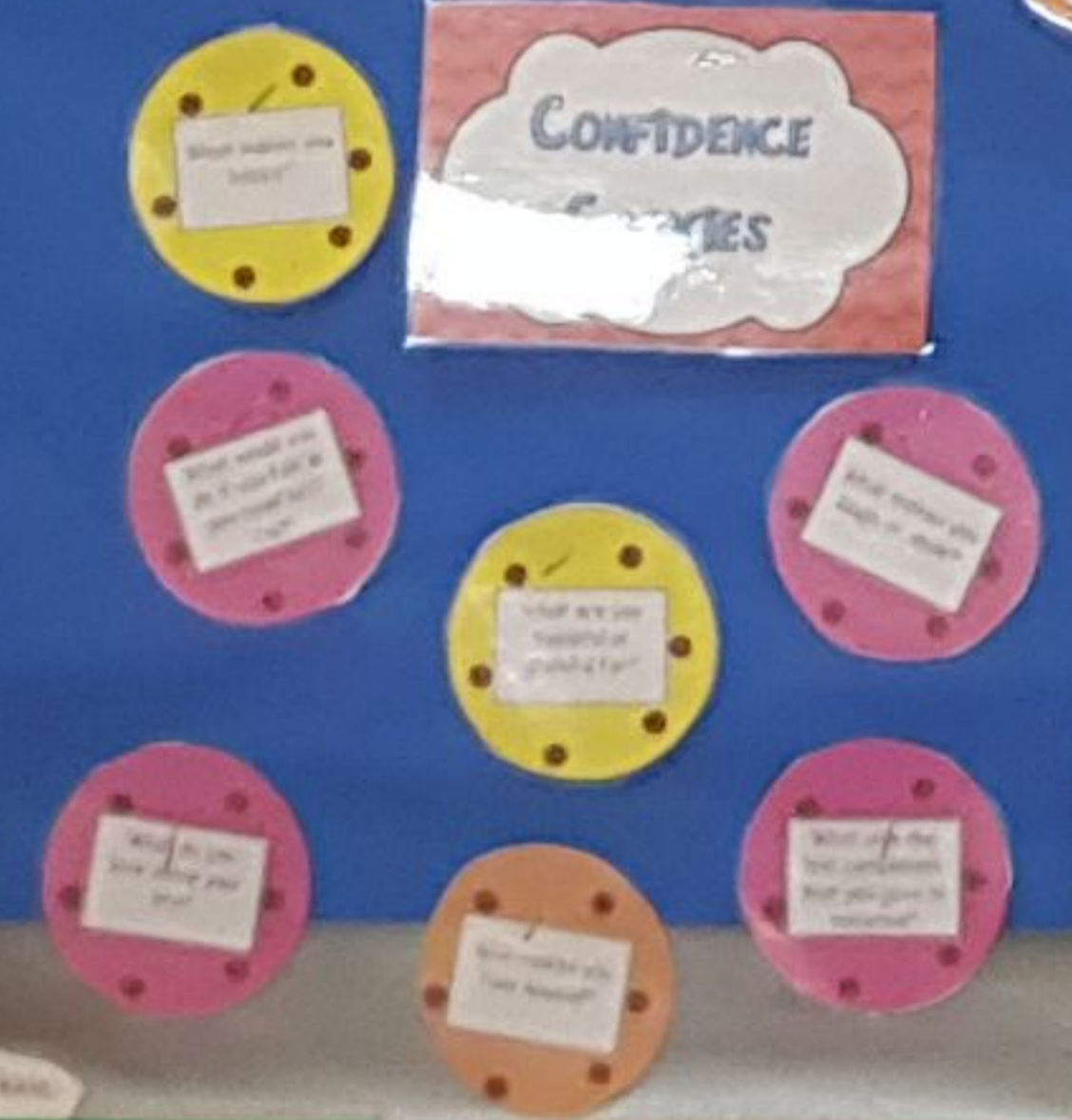
One smile makes lots of smiles, so go on smile.



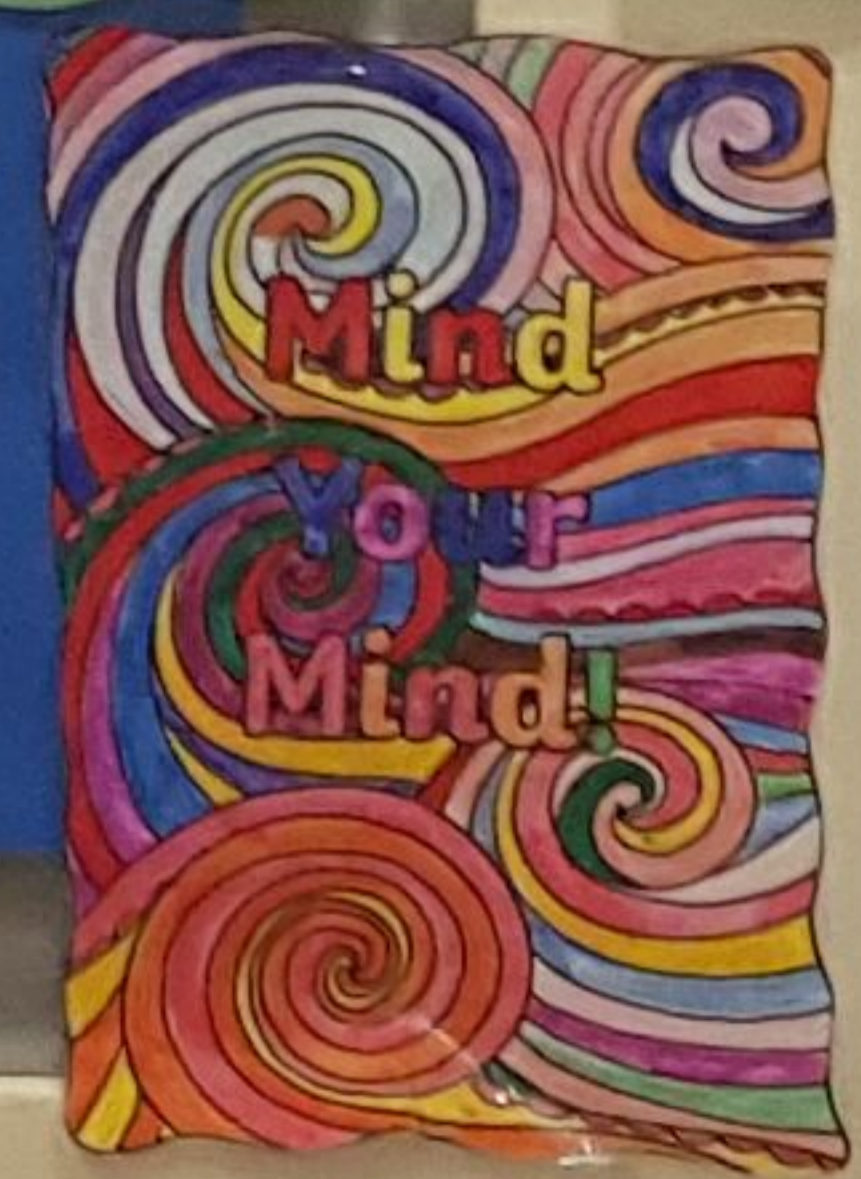
I know that growth and learning require effort.



Everyone fits in here.



### Relax and Have a Laugh



What would you do?  
No one will play with Oliver at playtime, even though he asked to join in the games.  
How can you help Oliver?

Noah is playing with a ball in the playground when an older pupil takes it away from him.  
How can you help Noah?

Someone called Toby stupid because he didn't get anything right in the spelling test.  
How can you help Toby?

Someone hit Lily in the playground and called her a mean name.  
How can you help Lily?

Amelia is upset because her friends aren't talking to her and she doesn't know why.  
How can you help Amelia?

Emily spent ages drawing a lovely picture but someone scribbled all over it and ruined it.  
How can you help Emily?