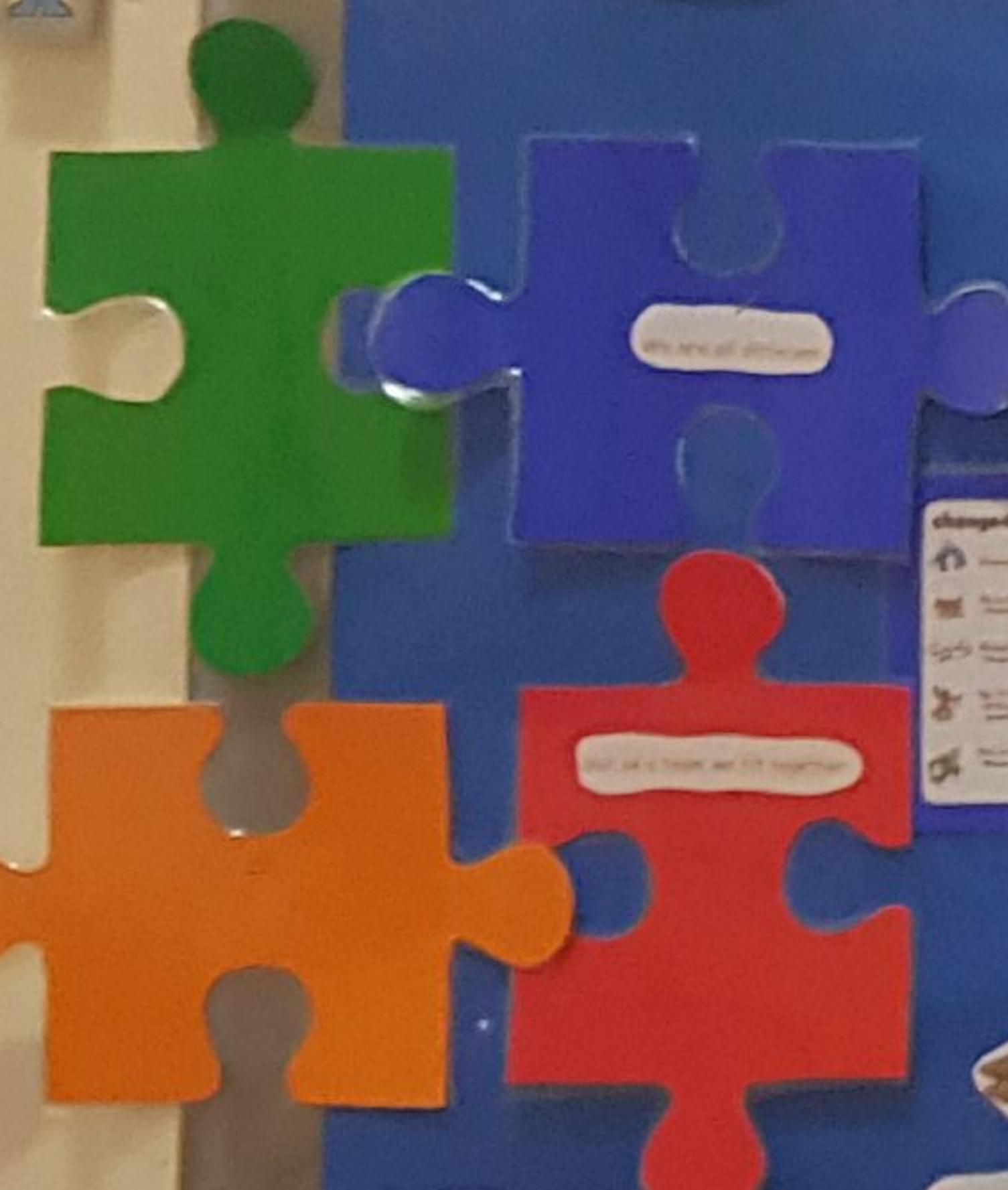


# Winning ways to well-being



## 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

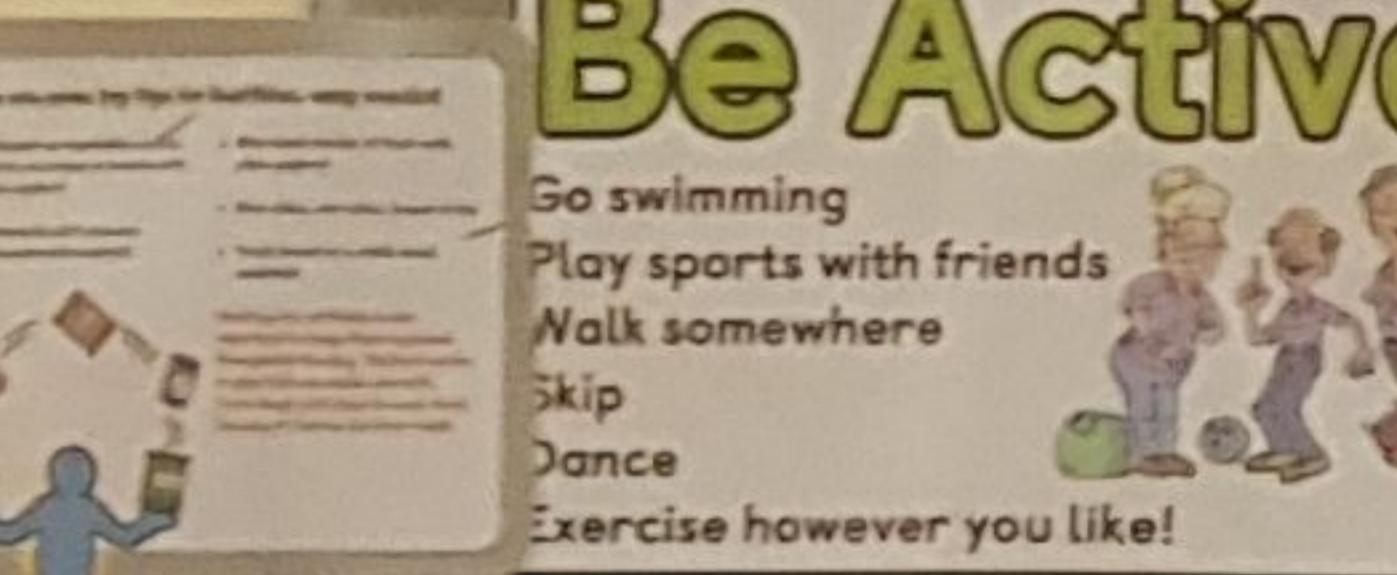
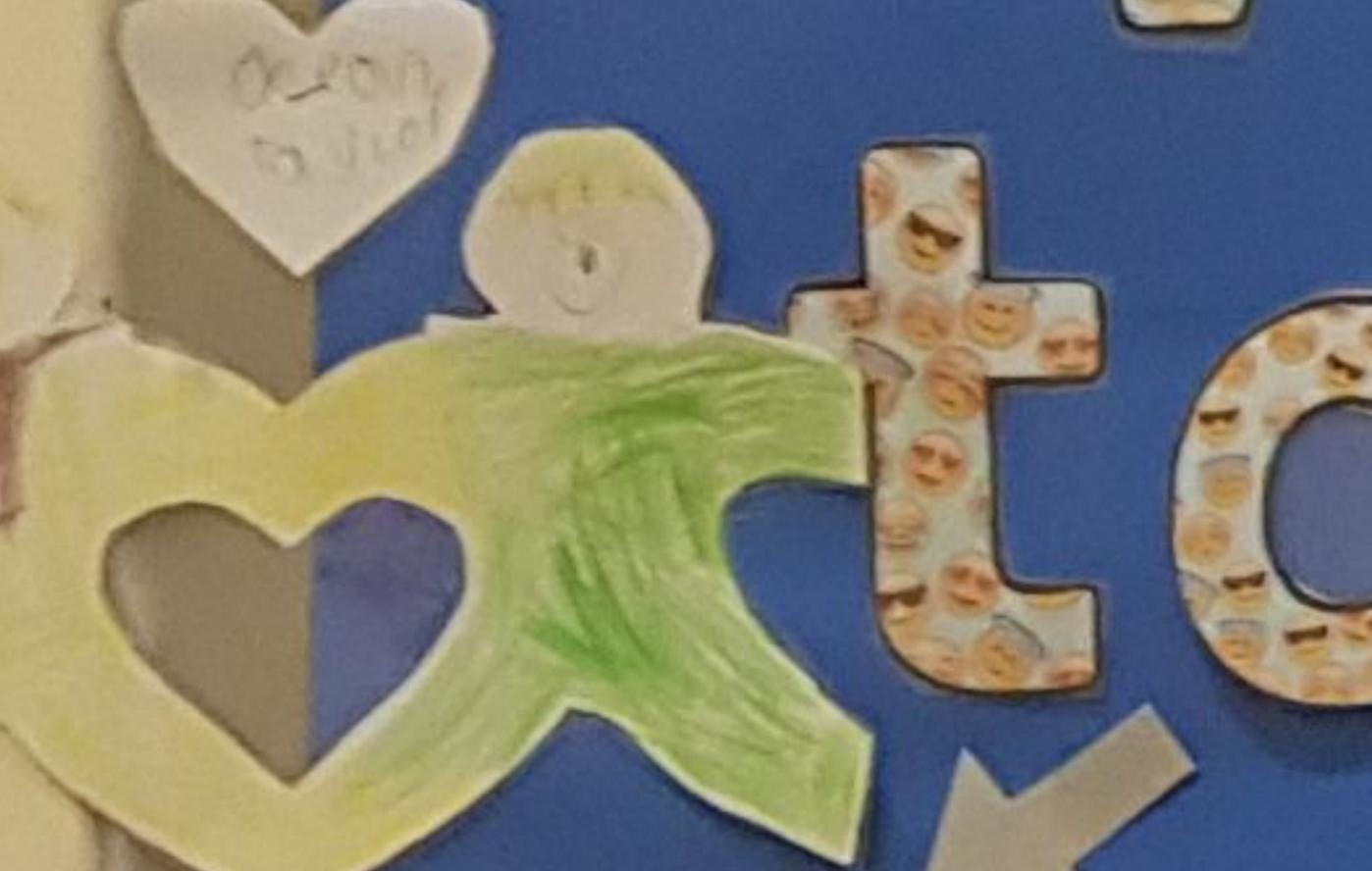
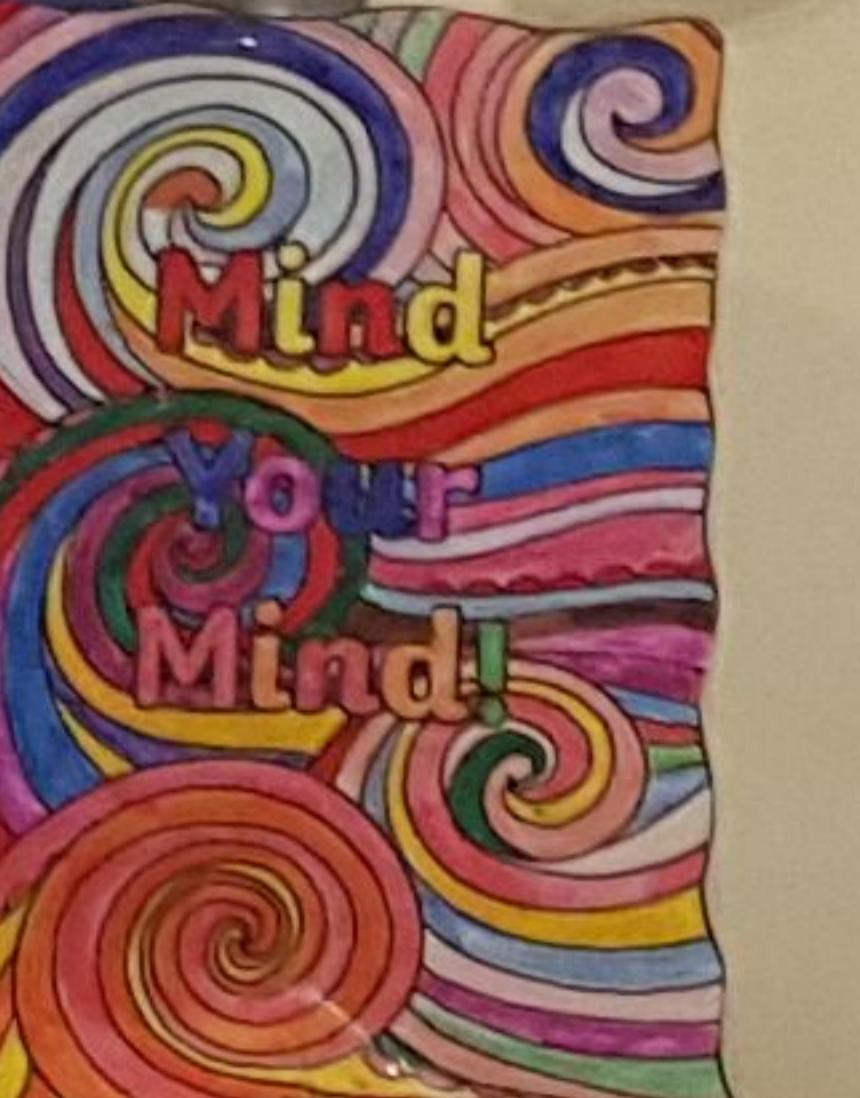
## Notice

- 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!

I know that growth and learning require effort.

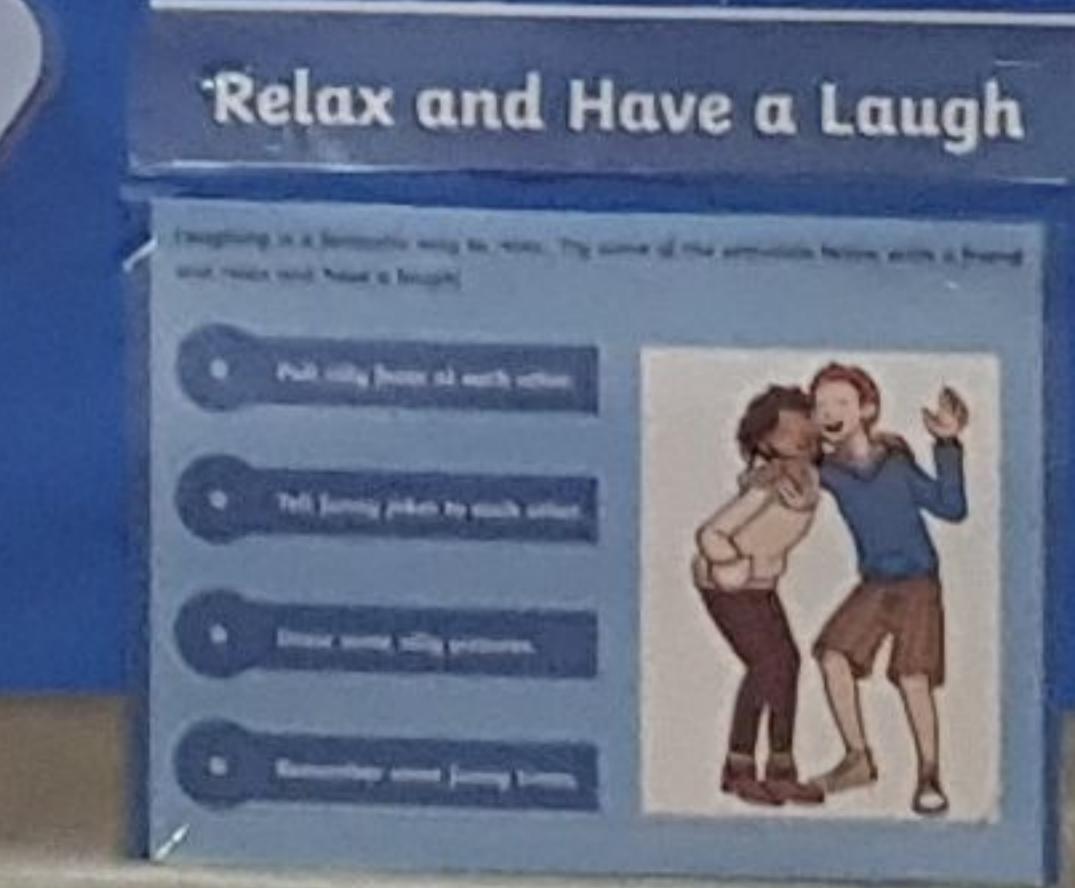
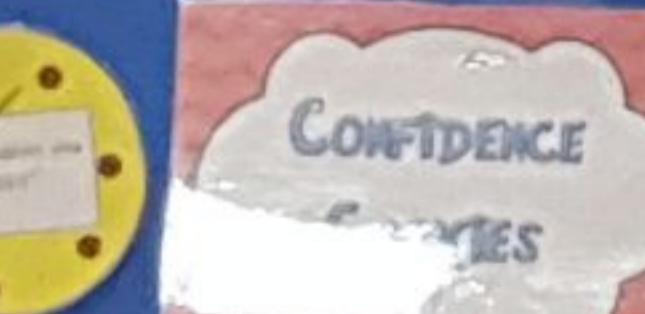


Don't keep your worries to yourself. Talk to someone.

Everyone fits in here.



Have a think about...??



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?



We support and encourage each other.