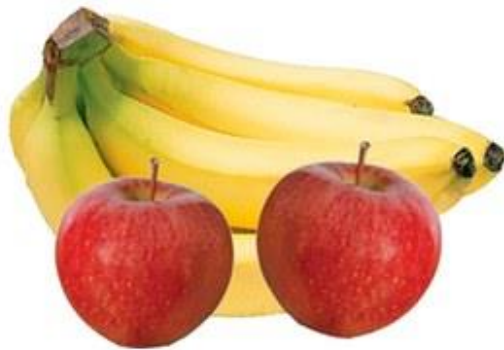


Wellbeing Week

How do we stay healthy?



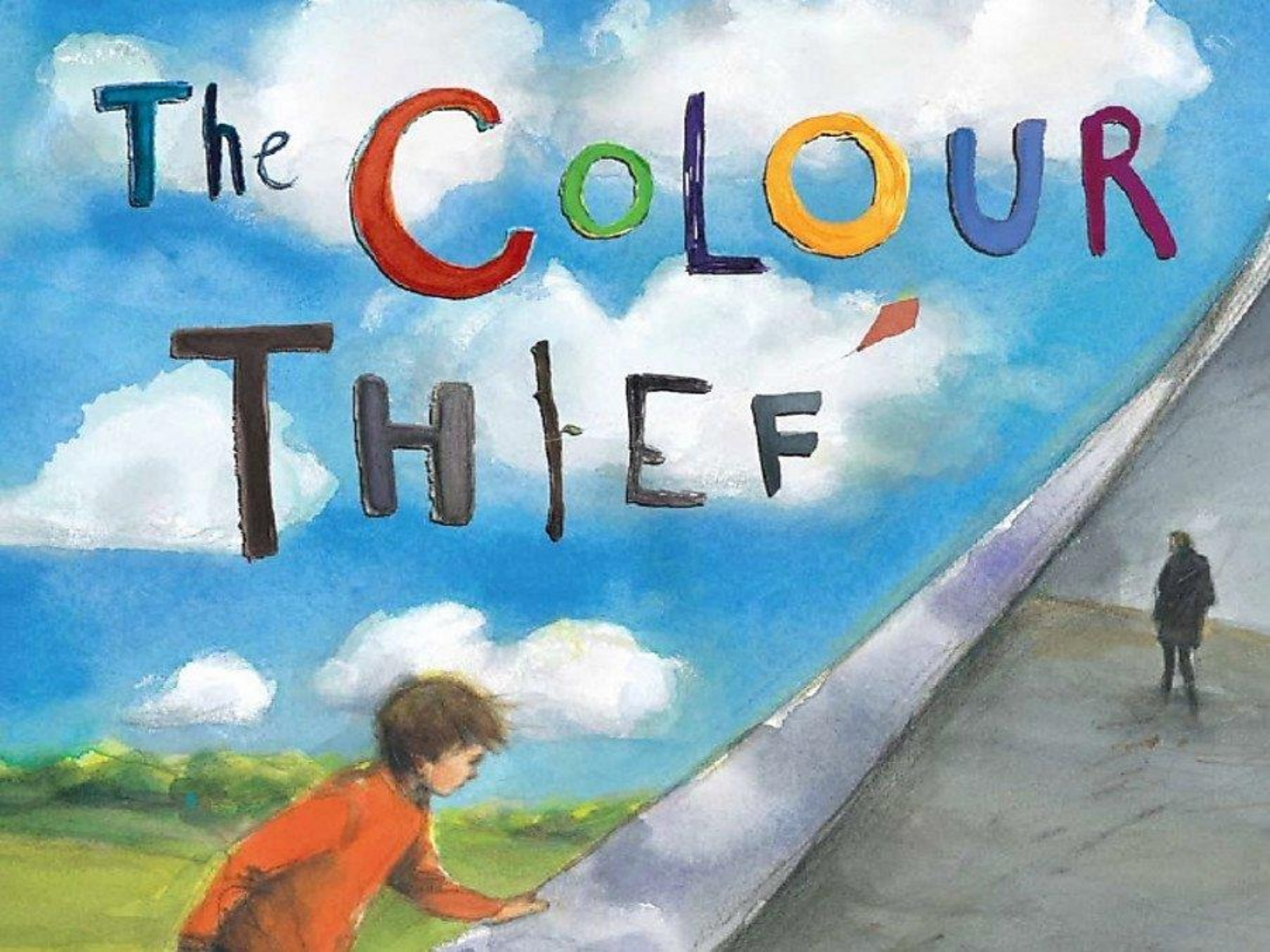
=



What happens when our mind gets
poorly?

phobias
loneliness
million feelings
health body teenagers
dysmorphia
anxiety people
children mental
stress
depression post
traumatic
fear stigma
disorder
discrimination

The COLOUR THIEF









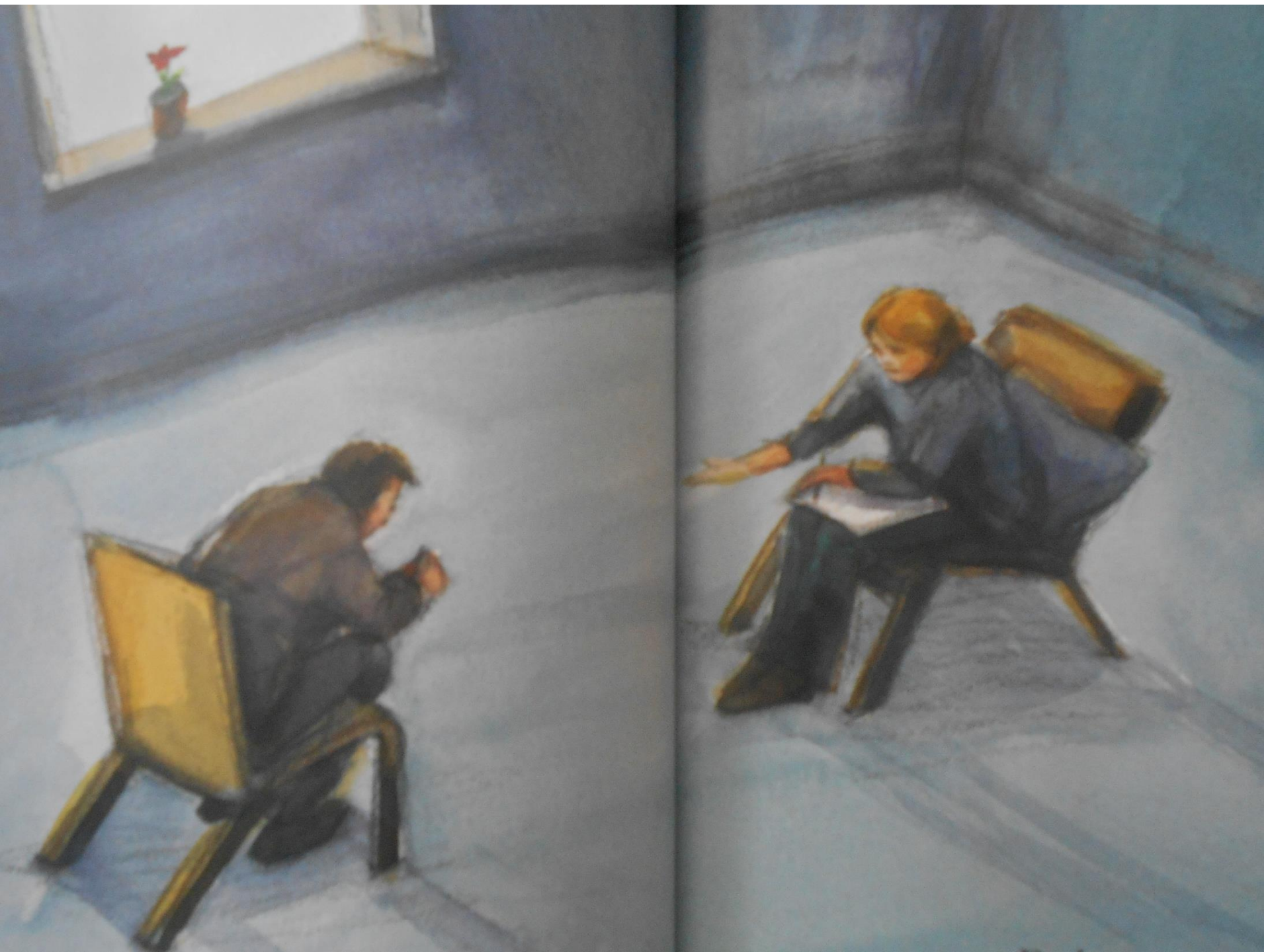
















ly,
at door.









This week we will be learning different ways that we can keep our minds healthy



- ✓ More resilience in day-to-day life
- ✓ Improved focus
- ✓ Better understanding of emotions
- ✓ A sense of calm
- ✓ More positive thinking – promoting kindness and gratitude



Thinky

Sparky

Snug

Giggles

Now let's try one!



This week...

You'll get to make your own mindful monster



And take part in wacky hair day to raise money for SCOPE.

