

Your Wellbeing Toolkit: Growing Strong Inside and Out

Be a Wellbeing Hero: Take Charge of Your Happiness and Health!

- Regular physical activity releases chemicals in your brain called endorphins, which help to improve your mood and reduce feelings of stress.
- A balanced diet and drinking plenty of water are essential for keeping your energy levels steady throughout the school day.
- Getting between 9 and 11 hours of sleep helps your body repair itself and allows your brain to process everything you have learned.
- Talking about your feelings with a trusted adult, such as a teacher or family member, is a brave and healthy way to manage worries.
- Practising kindness towards yourself and others builds strong friendships and boosts your sense of belonging within our school community.

Did you know? Did you know? Our brains are like muscles; when we practise positive thinking and learn new ways to manage our emotions, we actually strengthen the neural pathways that help us feel calm and happy!

Key vocabulary: Resilience · Mindfulness · Empathy · Balance · Self-esteem · Healthy habits