

# Do you sometimes WORRY about how you are feeling?

If so, read on!

Here are our Bridgewater Wellbeing Ambassador's Top Tips for children just like you. These children have worked closely with Miss Lovell and want to pass on some ideas that have helped them.

- ✓ Ask for help – from a teacher, parent, brother, sister or other family member. You can always talk to a School Council Wellbeing Ambassador too!
- ✓ Think of your favourite thing and write it down.
- ✓ Remember you are enough and **you** are the only you!
- ✓ Spend time with your family and friends (or even your pets).
- ✓ Visit our affirmation station on the KS2 corridor.
- ✓ Weekly Positive Post can help you recognise that you are unique and special.
- ✓ Stay positive and focus on things that make you happy.
- ✓ Go outside and get some exercise to make yourself feel stronger.
- ✓ Make sure you are going to bed at a sensible time so you are getting enough sleep.



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# Do you sometimes worry about how someone else is feeling?

Things you can say to help support someone else.

You are a star!

I am here for you.



Shall we tell an adult?

You are brave!

Do you want to play?