

Talking and communicating with others

Going to bed sensible time & getting enough sleep

Dealing with issues and problems when they arise

Keeping calm (not anxious/wound up)

Taking exercise and keeping fit

Asking others for help when I need it

PSHE



Being organised

Taking exercise and keeping fit

Being honest with others about my feelings

Choosing and eating the right foods

Trying new things and taking up opportunities

Being sociable and mixing with other people

Being in a good and positive mood

Seeing the best in other people