

Feeling fit and well;  
sleeping well; having  
energy.

**Body**



# Our Health

Being healthy means:

- Feeling fit and well
- Feeling like we can deal with challenges
- Knowing how to help ourselves if we feel angry or upset
- Having good friendships
- Enjoying the activities that we usually like
- Being able to help others or make a difference



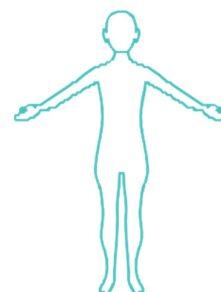
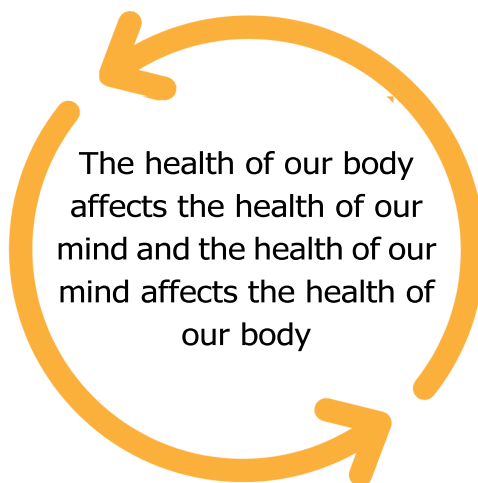
**Mind**

Having thoughts that  
help us; sleeping well;  
enjoying things.

# Looking After Our Health



**Mind**



**Body**

- **Connect** - make time to be with friends or family without technology. Watch a film together, or play a board game for example.
  - **Be active** - move your body, maybe dance or play a sport.
  - **Notice** - concentrate on what you can see, hear, smell, touch or taste. Really notice the little things around you.
  - **Give to others** - try to do something small to help someone every day. Even if it's just smiling at them, or helping them carry something.
  - **Keep learning** - find out about the things that interest you or make you feel curious.
- **Sleep well** - go to bed at a sensible time. Even if you find it hard to drop off, rest in bed. Wake up at the same time every day - even weekends!
  - **Be active** - move your body, maybe dance or play a sport.
  - **Drink water** - or unsweetened juice. These are much better for you than fizzy drinks.
  - **Wash everyday** - treat your body like your favourite thing and look after it. Brush your teeth twice a day and wash every morning and night.
  - **Eat well** - eat a rainbow diet - include as many colours as you can. Try new foods - remember it takes time for our taste buds to get used to new flavours!