

Top tips for good wellbeing

Having good wellbeing is important because it helps you cope with things that worry you. Good wellbeing helps you to be happy and confident in your life.

GET ACTIVE

Exercising makes us feel good, so getting active is really important for wellbeing. It makes your heart pump your blood faster, making sure you feel fresh and energetic!

EAT WELL

A balanced diet gives your body the energy it needs to work properly. When your body lacks certain nutrients, it can lead to feeling grumpy or unwell.

GET ENOUGH SLEEP

Sleep is so important! When you are asleep your body and brain does more than when you are awake! Getting a good night's sleep ensures your body can heal and repair.

GO OUTSIDE

Being outside in the sunlight makes your body feel good, and that makes you feel happy. So get outside, go exploring and connect with nature to make yourself feel better!

ASK FOR HELP

If you're worried or stressed, don't try and cope with things alone. Talk things through with someone you trust. It will make you feel so much better!



Find out how the **Pupil Wellbeing Award** can help bring these benefits to your school, email contact@schoolimpactawards.co.uk



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