

The Nottingham healthy child understands the importance of balance in all aspects of life by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

Understanding
that “meh”
days are
normal

Setting
realistic
standards

Planning
their life but
leaving space
for wonder

Working hard but
finding time to play

Understanding
what works
for them

How do
you keep
your day
balanced?



These tips are shared by Nottingham children.



**Nottingham
City Council**