

The Nottingham healthy child is self-aware, resilient and positive about life by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

Understanding that
being healthy helps
them in life

Believing they
can do things,
even if they
are difficult

Understanding
that making
mistakes is
okay

Sharing their
problems with a
trusted person

Feeling
good when
supporting
others

What are you feeling positive about today?

These tips are shared by Nottingham children.



**Nottingham
City Council**