

The Nottingham healthy child uses strategies to maintain a healthy mind such as...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

Drawing and
colouring to relax

Eating
healthily

Thinking about
positive thoughts

Talking to
friends

Listening
to calming
music



What can you do to keep your mind healthy?

These tips are shared by Nottingham children.



**Nottingham
City Council**