

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



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

**Staying positive
and approaching
challenges with a
good attitude**

**Reading
books to
relax and
learn**

**Getting
plenty of
sleep to rest**

**Playing sports to
stay active and
relieve stress**

**Using a diary
to write
down their
thoughts**

**What can you
do to keep
your mind
healthy?**



These tips are shared by Nottingham children.



**Nottingham
City Council**