

# 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**