

# 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

Talking to  
friends

Listening  
to calming  
music

Thinking about  
positive thoughts



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

These tips are shared by Nottingham children.



**Nottingham  
City Council**