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



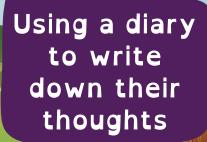
elevating achievement

Staying positive and approaching challenges with a good attitude

Playing sports to stay active and relieve stress

Getting plenty of sleep to rest

Reading books to relax and learn





What can you do to keep your mind healthy?

