

# The Nottingham healthy child is self-aware, resilient and positive about life by...



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement

Understanding that  
being healthy helps  
them in life

Believing they  
can do things,  
even if they  
are difficult

Understanding  
that making  
mistakes is  
okay

Sharing their  
problems with a  
trusted person

Feeling  
good when  
supporting  
others



## What are you feeling positive about today?

These tips are shared by Nottingham children.



**Nottingham  
City Council**