

The Nottingham healthy child understands the importance of balance in all aspects of life by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

**Being fair to
themselves**

**Managing
their time**

**Making
time for
themselves**

Knowing when to stop

**Reaching out
and talking
about things**

**How do
you keep
your day
balanced?**



These tips are shared by Nottingham children.



**Nottingham
City Council**