

The Nottingham healthy child is kind to themselves and others by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

Allowing
themselves a
rest day once
in a while

Not putting
too much
pressure on
themselves

Celebrating
their hobbies
and passions

Saying sorry
when they've
done something
wrong



What kind thing can you do today?

These tips are shared by Nottingham children.



**Nottingham
City Council**