

# 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**