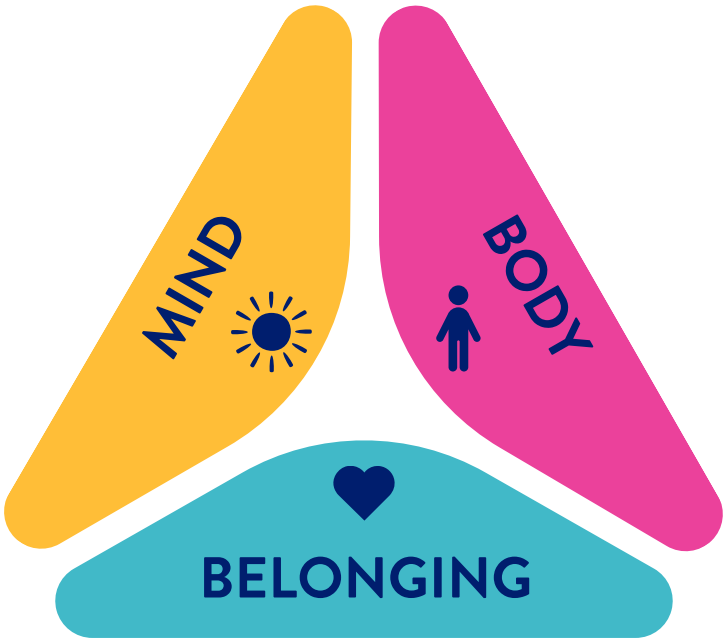
LOWER SCHOOL WELLBEING TRIANGLE



BODY

HAPPY AND HEALTHY BODY

Getting enough sleep

Going outside

Eating and drinking healthily

MIND

HAPPY AND HEALTHY MIND

Reading to keep our brain healthy

Keeping on learning

Not spending too much time on our screens

BELONGING

HELPING EVERYONE TO BELONG

Respecting the choices people make

Keeping it kind!

Helping people who are struggling

Sharing our feelings

Listening to what people say