

Skills to Go BIG!

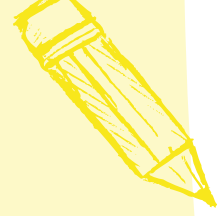
Week 2: Being Happy
and Being Healthy



HEALTHBOX

COMMUNITY WELLBEING SERVICES



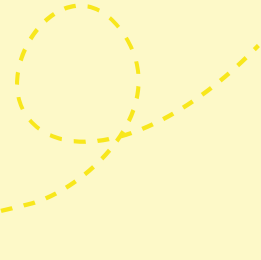


What can you think of
that helps us to stay
HEALTHY?



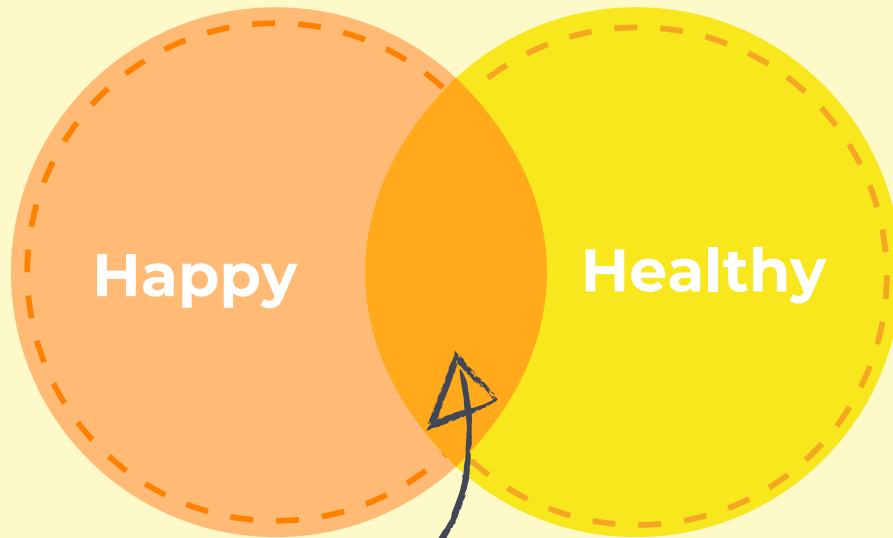


What makes YOU HAPPY?





Happy, Healthy! Activity



What can be both a happy and healthy activity for you?





Self-Care



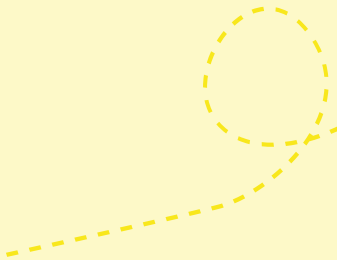
Physical health

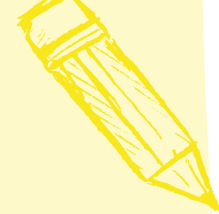
Emotional health





Why it's important to Self-Care





Now have a go: Self-Care Pledge



To keep my body healthy, I will...

If I feel upset, I
will...

If I need to relax, I will...





What have we learnt?



Physical health, keeps our bodies working at their best



Emotional or mental health is about helping us feel and think at our best



As we grow up it is important to look after both our physical and emotional health and wellbeing



This helps us to recognise our emotions, develop our sense of self (who we are and what you enjoy), take on new responsibilities and grow more independent!

