



Firs 5 Keys to Emotional Wellbeing

1

Emotional resilience

- If you can't change it, change the way you think about it
- Be active, relax, rest repeat daily
- Remember it's ok to make mistakes



3

Planning for success

- Aim high, imagine what your success looks like
- See life as it is but focus on the good bits
- Know your best is good enough



2

Understanding life and its rules

- Never be afraid to ask for help
- Be a leader not a follower
- Treat others as you would like to be treated



4

Respecting differences

- Remember it's ok to be different
- Know everyone has the right to have their voice heard including you.



5

Connecting and belonging

- If you want to feel good do good.
- Make friends with people who want the best for you
- Always be good and show kindness to others



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Routines build habits, habits become character, character becomes life long behaviours.

