



Firs 5 Keys to Emotional Wellbeing

1

Emotional resilience

- Accept that learning will cause anxiety, but still persevere.
- Remember to learn from your mistakes.
- If you can't change something change the way you think about it.
- Believe you can succeed. Say I can't do it.....yet!
- Be balanced and flexible and change what doesn't work for you.



3

Planning for success

- Aim high, dream and visualise your success.
- Be honest. Set realistic goals and know what makes you happy.
- Know your best is always good enough.
- Seek solutions, see life as it is but focus on the good bits.
- Create routines that work for you and stick to them.



2

Understanding life and its rules

- Understand that rules have consequences that help you make smarter decisions.
- Never be afraid to ask for help.
- Be sensitive to your own needs and consider the needs of others.
- Be a leader not a follower.
- Know that every day is a fresh start. It's never too late to start again.



4

Respecting difference

- Remember everyone has the right to be listened to.
- Respect the rights of others to hold views different to your own.
- Question to seek the truth in what you see and hear.
- If you hear opinions that worry you, tell an adult.
- Connect with others, listen to their stories and appreciate differences.



5

Connecting and belonging

- Treat others as you want to be treated. To feel good, do good.
- Make friends with loyal people who want the best for you both.
- Reflect on your day because there's more to life when we stop and notice.
- Aim to be someone people like to be with because of the good example you set.
- Don't compare your insides with other people's outsides.



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

