



Well - being

Well – being is all about how “we are doing” as individuals. It is important to take care of your well – being.

Top tips for well – being at home

- Check in with friends and family members in a safe way.
- Regular amounts of exercise is good for you.
- Regular routines.
- Maintain a healthy lifestyles.
- Talk about any worries.
- Schedule virtual play date.



Top tips for well – being at school

- Check in with your teacher and friends.
- Take part in physical activities.
- Follow your relentless routines.
- Be open to the opportunities given.
- Share how you are feeling.
- Develop your friendships.

