



Give

Complete a 'random act of kindness' by doing something nice for a friend or family member. Think how good they will feel when it happens. It might even encourage them to do something nice for someone else.

Connect

Use the opportunity of being with new classmates to chat, or work in school, with someone new. It could be lots of fun!

Take Notice

If you feel nervous or worried about something, think about a time when you have been brave. How did you overcome your fears? Perhaps try the same thing again – it may have helped talking to someone about it or by breaking the problem down into manageable steps.

Keep Learning

The new school year allows you the chance to learn lots of new, exciting things. Chat to your teacher to find out what fantastic topics you will be covering this year. What do you think your favourite will be?

Be Active

When driving somewhere, perhaps park a short way away from your destination and walk the rest. Exercise can really improve your mental wellbeing as well as your physical fitness.