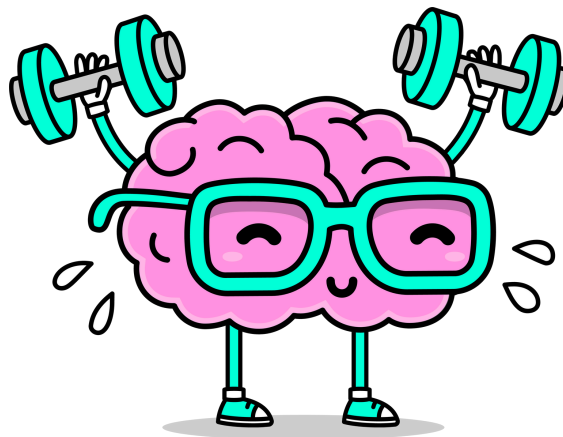


Wellness Action Plan

Look after your physical health	/ 5
Look after your mental health	/ 5
Plan and develop habits	/ 5
Daily check ins	/ 5
Look after one another	/ 5



<p>What helps you stay mentally and physically healthy at school? <i>Examples: eating a healthy lunch, time with friends, teacher explanations of tasks etc.</i></p>	
<p>Are there any situations or behaviours that can trigger poor mental or physical health whilst at school? <i>Examples: something not going to plan, friendship issues etc.</i></p>	
<p>What can you, your teachers, friends or family do to proactively support you stay mentally and physically healthy at school? <i>Example: regular check ins, healthy lunch, time for revision etc.</i></p>	
<p>Are there any early warning signs that your family, friends or teachers might notice when you start to experience poor mental or physical health? What are they?</p>	
<p>What actions would you like to be taken if any of these early warning signs are noticed? <i>Example: talk to you about it, contact your parent etc.</i></p>	