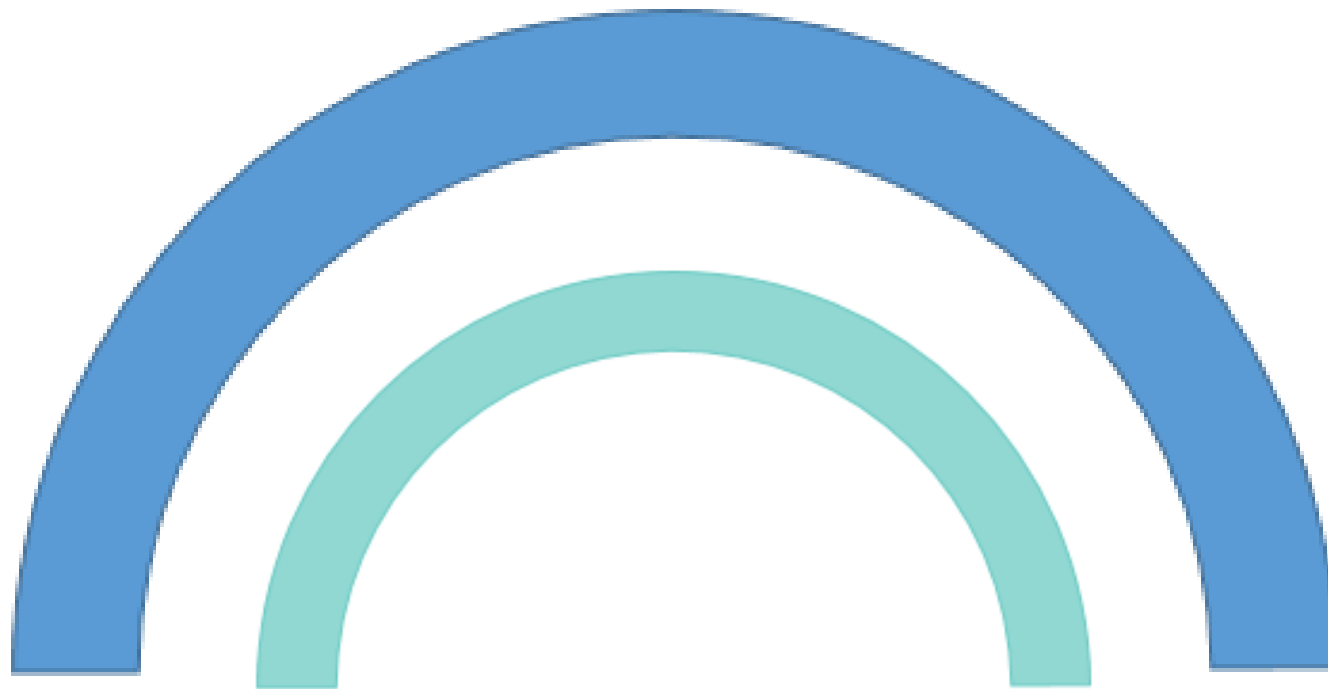




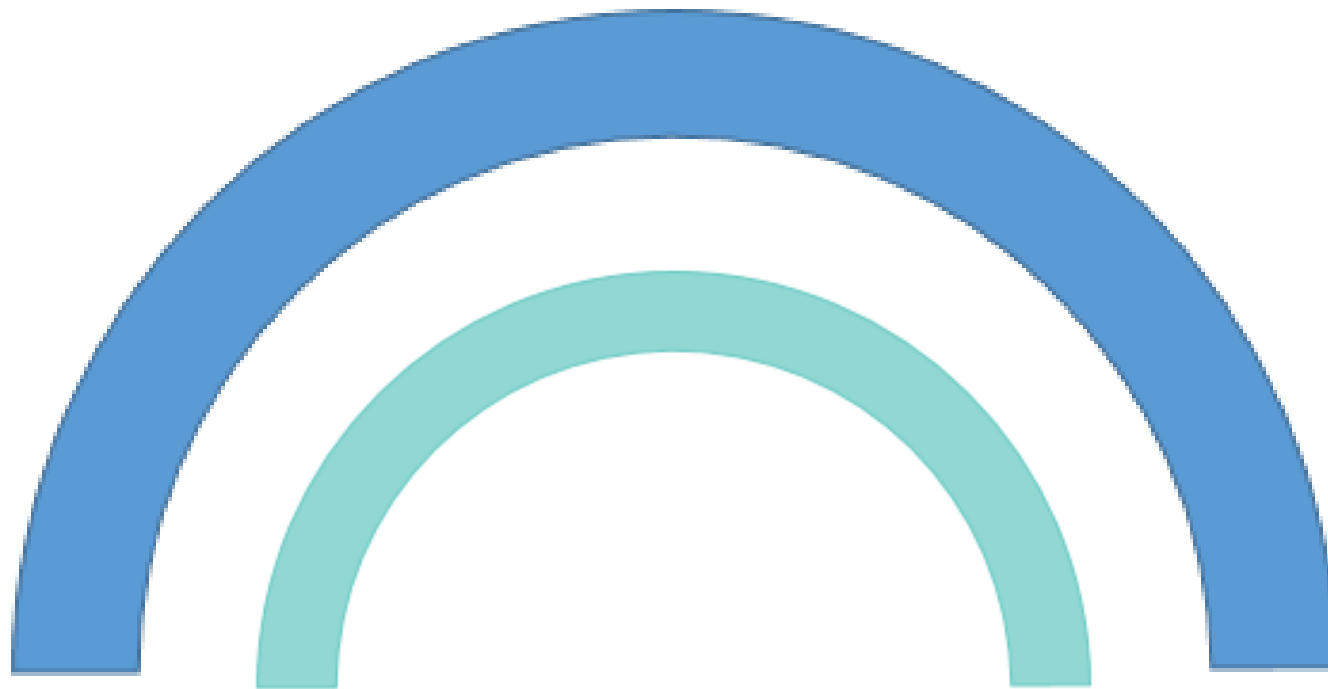
Name:.....Tutor:.....



St Ives School Health and Wellbeing



Name:.....Tutor:.....



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Name:.....Tutor:.....



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Name:.....Tutor:.....



St Ives School Health and Wellbeing

HEALTH AND WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

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