

Primary 6 and 7 Wellbeing Alphabet



<p><u>A</u>ctive ☺ *</p> <p>Be active every * Days</p>	<p><u>B</u>e happy A S M I L E IS contagious ... ☺</p>	<p><u>C</u>aring *</p> <p>make sure to be <u>caring</u> and kind to * others.</p>	<p>Don't worry when things are <u>happening</u> are good for your brain.</p> <p>3 1 2</p>	<p><u>E</u>xcitement *</p> <p>think about something exciting and feel your happiness grow!</p>
<p><u>F</u>riendships are built upon trust.</p>	<p><u>G</u>ood friends are honest and kind.</p>	<p><u>H</u>elping is good because it boosts people's mood.</p>	<p><u>I</u>nclude others in games.</p>	<p><u>J</u>oyful *</p> <p>Be joyful always have a smile on your face to make other people's day as much as you can ♥</p>
<p><u>K</u>indness IS happiness *</p> <p>* * *</p>	<p><u>L</u>ove yourself *</p>	<p><u>M</u>ake yourself happy by doing what you like. *</p>	<p><u>N</u>urtured promote a healthy life to everyone and to get of the life they deserve *</p>	<p><u>O</u>pened minds are strong *</p> <p>be open minded to everyone *</p>
<p><u>P</u>olite ☺ *</p> <p>Show good manners and be polite towards others then watch those smiles grow</p>	<p><u>Q</u>uiet time *</p> <p>can help your mental health.</p>	<p><u>R</u>ights *</p> <p>make sure to respect others <u>rights!</u></p>	<p><u>S</u>adness isn't forever. Think of happy things.</p>	<p><u>T</u>o so always be yourself</p> <p> Bee Yourself</p>
<p><u>U</u>nderstanding and respecting other people's point of view.</p>	<p><u>V</u>isualise *</p> <p>your dreams, they can come true!</p>	<p>When you are worried don't get stressed. Just relax and take time out.</p> <p><u>CALM</u></p>	<p><u>X</u> *</p> <p>excitement gives you a smile on your face</p>	<p><u>Y</u>ou You are unique</p>
<p><u>Z</u>en when *</p> <p>you feel angry</p>	<p>friendly Ferwick</p>			

