Health and Wellbeing 26th May

Hope you all had a great weekend. This week I want you to watch a clip from the Greatest Showman. After watching the clip I want you to write down all the qualities that make someone brave and then if possible write a motto about being brave. You may wish to make it into a poster, or a leaflet whatever you think. I look forward to seeing all your ideas on teams!!

The Greatest Showman star reveals her vulnerability and Finds her Brave during rehearsal for song This is Me <https://www.youtube.com/watch?v=XLFEvHWD_NE>

You might also enjoy this book dealing with transition to high school

The Rollercoaster Series By Paula Nagel