

Our school pledges to promote the **Take 5 Steps to Wellbeing**.

I will find ways to keep myself and others being well and doing well by following, and promoting, the 5 Steps.

*I can connect: Talk and listen. Be there, join in. Feel connected.*

*I can be active: Do what I can, enjoy what I do. Move my body, move my mood.*

*I can take notice: Stay in the moment. Breathe slowly and deeply. Think of simple things that give me joy.*

*I can keep learning: Embrace new experiences, see opportunities. Surprise myself with what I can achieve.*

*I can give: My time, my words, my presence. Kindness counts.*



**Take5**  
steps to wellbeing

