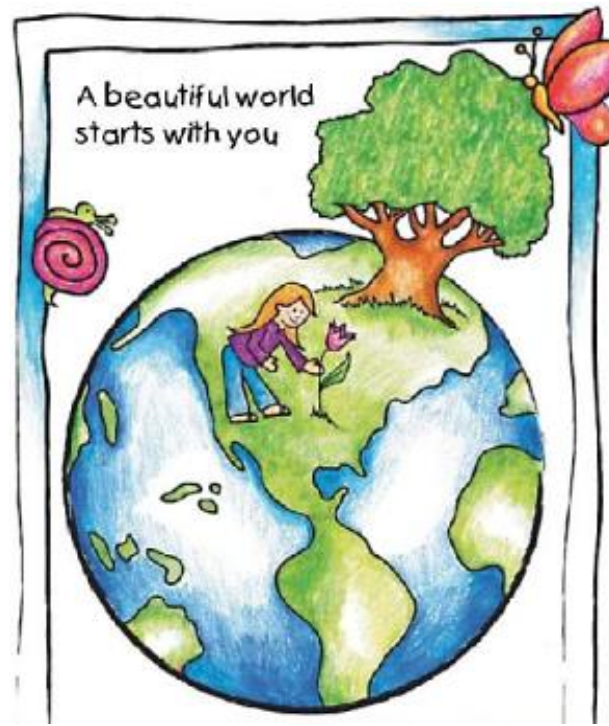




# Well-being

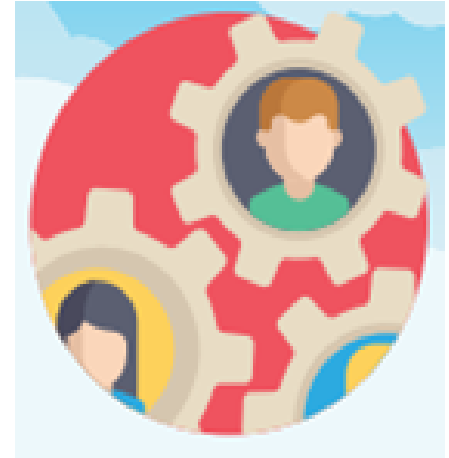
Darlinghurst  
ACADEMY



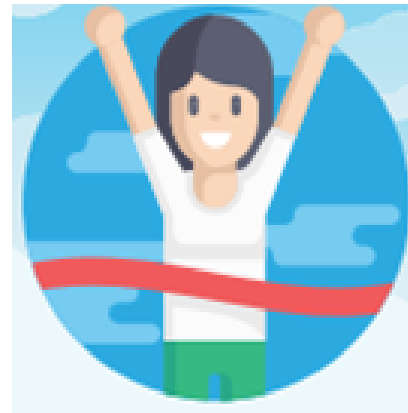
Our own well-being is linked to the well-being of the world around us and making the world a better place



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence



# well-being



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence



# 5 ways to well being

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**

# Be mindful of Mindfulness?



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence





- **Keep positive attitudes and healthy minds**
- **Check in with our thoughts and feelings**
- **Listen to others because we are a listening school**
- **Stay happy and safe**
- **Talk about our worries and anxieties**
- **Visit and care for our animals and environment**
- **Show our sense of belonging**
- **Spread kindness**
- **Slow down and take time to reflect**



# Be Connected



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**



- **Connect with each other, and consider how to work as part of a team**
  - **Get to know each other - ‘knowing me, knowing you’**
  - **Share our views and beliefs**
  - **Encourage others to stay healthy and active**
  - **Be part of community action**
  - **Support each other in learning and play**
  - **Include others to prevent loneliness**
  - **Develop active bodies and minds**
- Support our health and happiness now and for life**



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**



# Be active



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**



- **Join in learning**
- **Demonstrate determination to set and reach your goals and targets**
- **Join in fun-filled activities at school, home or in the community**
- **Celebrate achievements when reaching your goals**
- **Join in, every day by being an active citizen**
- **Take part in a school club**



# Be Inspired



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**



- Engage in active lifestyles outside of school
- Follow the example of successful people
- Be a role model to others
- Share your passion, interests and talents
- Shine bright!



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**

# Be a Lifelong learner



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence



- Keep our brains healthy
- Keep our bodies healthy
- Rest and sleep well in readiness to learn
- Have a sense of achievement from learning
- Try learning something new
- Think about the importance of your health
- keep practising
- Believe you can and you will
- Never give up!



# Let's talk about mental health

<https://www.youtube.com/watch?v=nCrjev3-Js>



**Achievement** ★ **Belonging** ★ **Confidence** ★ **Determination** ★ **Excellence**