



Emotional Well-Being

Kingston School Health Team

your healthcare

Learning Agreement

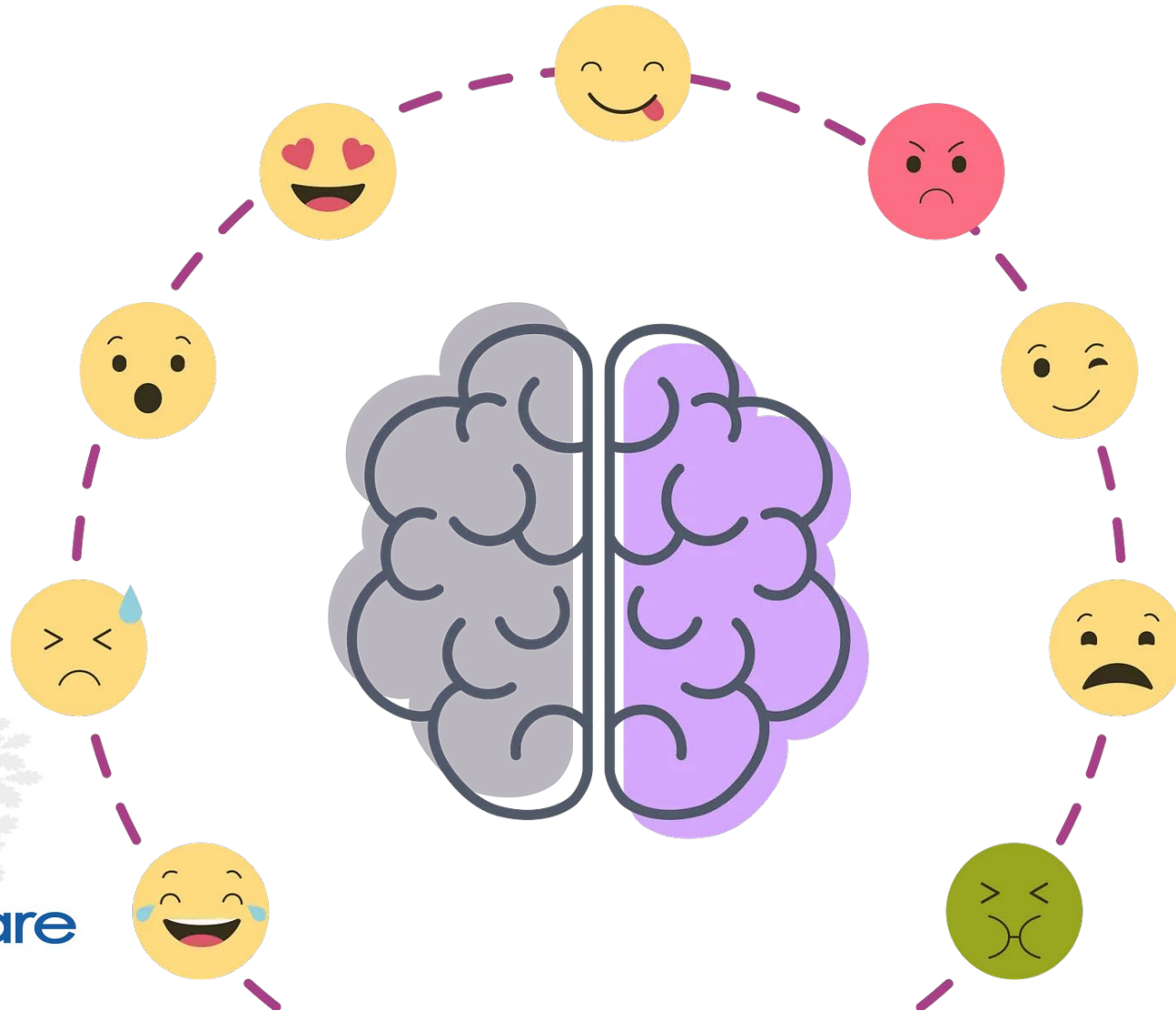


OUTCOME

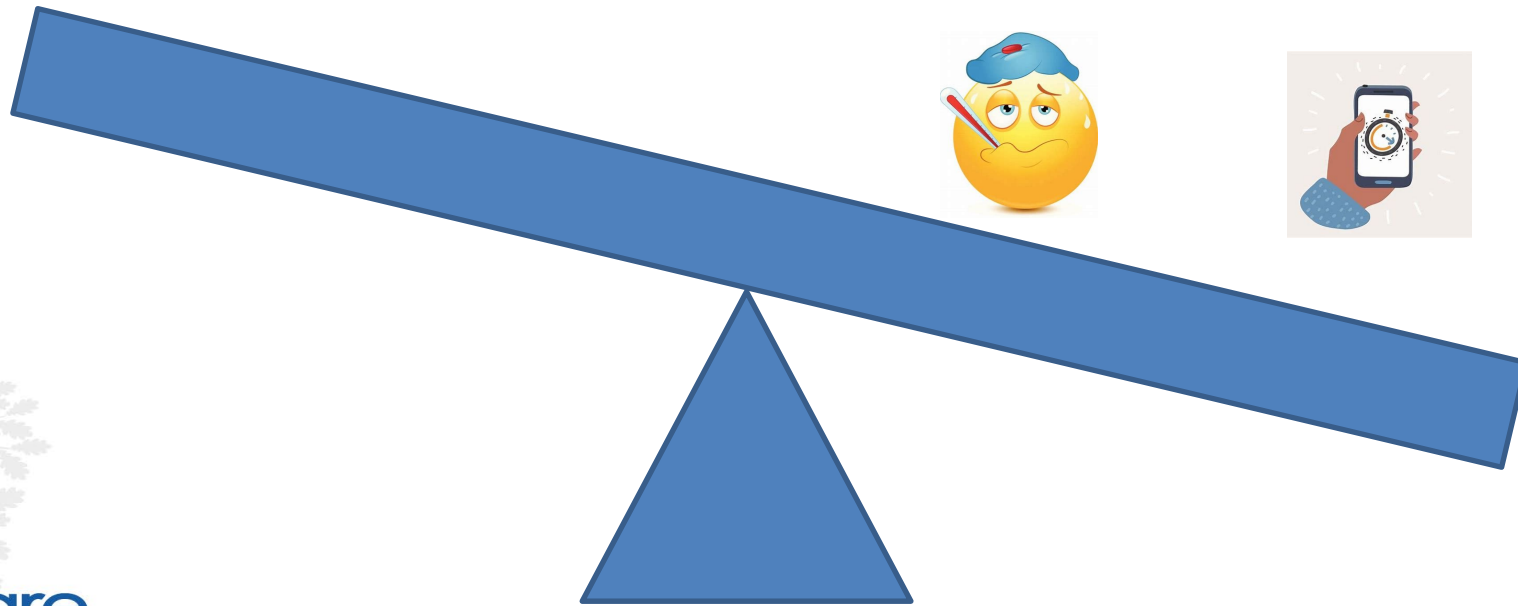
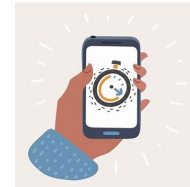
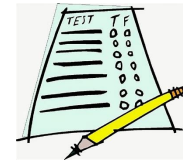
1. To understand emotional well-being.
2. To identify ways to support ourselves and others.
3. Where to get help and support.



What is Emotional Well-Being?



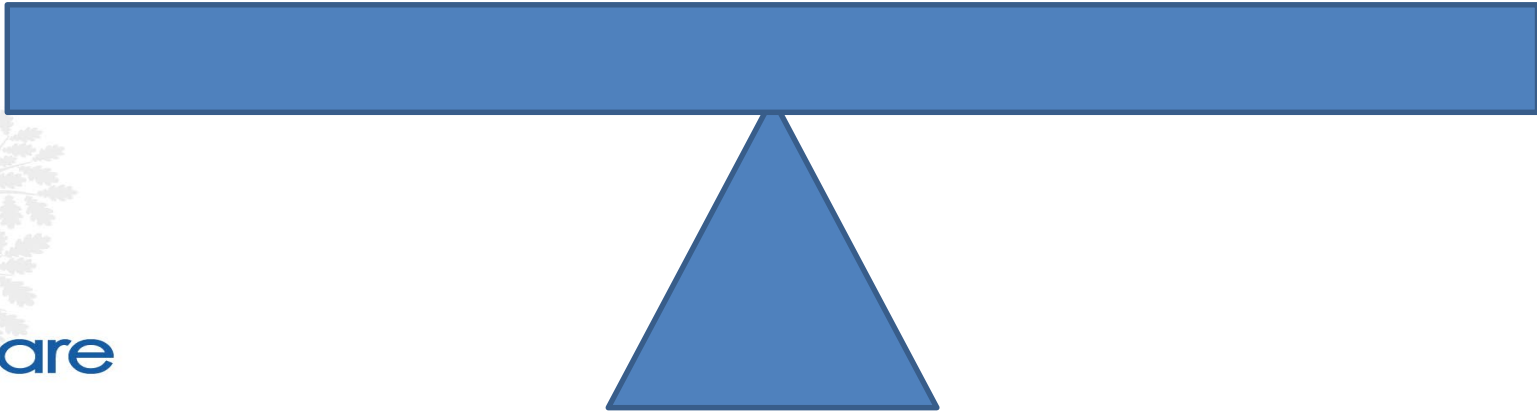
What can make us feel stressed?



How can we look after ourselves?



SELF CARE





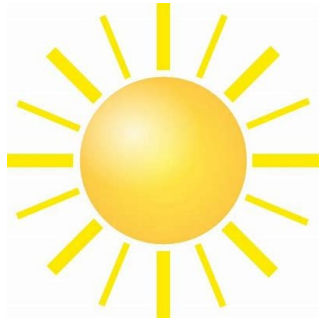
Mindfulness Activity





Colour your world with kindness



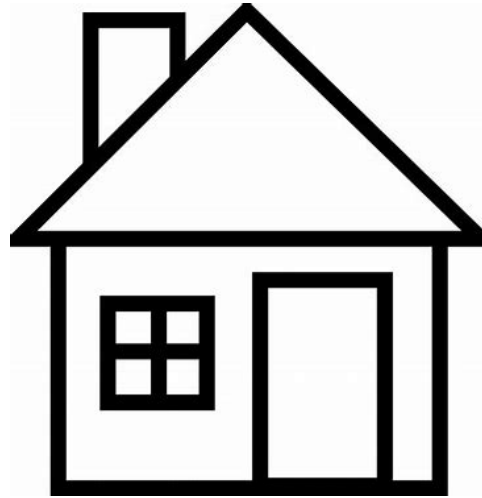


Positive Affirmations



- 1 I am kind.
- 2 I am important.
- 3 I have great ideas.
- 4 I can do hard things.
- 5 I believe in myself.
- 6 I can be anything I want to be.

Where to get help and advice



**THANKS
FOR
LISTENING**

