

You are responsible for your own health... mental & physical

- 1.Sleep is super important!
- 2.Reduce all screen time
- 3.Exercise regularly and eat well
- 4.Be kind to others
- 5.Do something creative whenever you can
- 6.Have TWO routines: Weekday and Weekend
- 7.De-clutter your space
- 8.Have time in the day that is **QUIET**
- 9.Have integrity- it makes you feel good about yourself
- 10.Set goals and targets



BUT we are here to help:

#DoBrilliantly Sessions

Lessons (including homework)

Attendance

Behaviour

Support - ask, talk to us



RANDOM ACTS OF
KINDNESS.

