

# Children and Young People's Wellbeing Charter

SECAT



## EXERCISE



Dance

Cycle to school



Daily Mile



Play during breaks



Join a club



Walk to school



Fitness live streams



Group chat



Listen to music



Read



Meditate



Mindfulness

## TAKE A REST



Yoga



Play games



Reflect



Arts and crafts



Fresh air



Take a break from ICT



Regular sleep



Balanced diet



Drink plenty of water



Healthy food



Wash hands



Brush teeth



Take a break from phone

## HEALTHY



## CHOICES

## WELCOMING



Follow the rules



Welcome everyone



Embrace diversity



Say "hello"



No litter



Look after the school



Feel safe



No bullying



Talk to each other



Smile

