# WELL BEING AWARD

DECEMBER 2018



YELLOW OR RED BOXES





#### • WELL BEING 5

- MINDFUL MONDAY
- TIME TO TALK TUESDAY
- GIVING WEDNESDAY
- TEACH YOURSELF THURSDAY,
- ACTIVE FRIDAY



















WORRY PLAQUES





- E-SAFETY
- WELL-BEING QUESTIONNAIRE









RAINBOW ROOM





ROLES AND RESPONSIBILITIES





- TOAST IN THE MORNING
- FRUIT AT BREAK TIME



