

<b>Growth mindset</b>	Believing that we can achieve things if we work hard. 'I can't do it YET!'.
<b>Habit</b>	A repeated action.
<b>Qualities</b>	The personality traits that make someone who they are.
<b>Responsibility</b>	Being in charge of our own actions.
<b>Skill</b>	The ability to do something well.
<b>Vaccination</b>	An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease.

We can decide what type of person we want to be and we can develop skills and qualities to achieve this.



Meditation and mindfulness can help us to relax.



Lots of things contribute to keeping our bodies healthy including diet, exercise and sleep.

**Health tips**



Decide which relaxation methods work best for you.



If you notice changes in your body or you feel unwell, talk to an adult you trust or the doctor.



Using a tracker might help to start a good habit.

As we get older, we will make our own choices and have responsibility for our health.

There are strategies we can use to improve our resilience.

**Getting help**

If you are worried about your health, talk to an adult you trust.

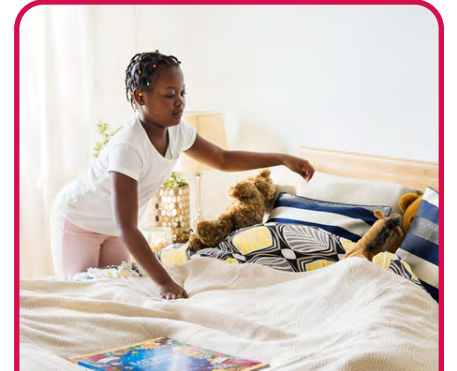
As a child it is best to see a doctor with your parent and carer but you can go on your own if you are really worried about something.

Contact: Childline  
www.childline.org | 0800 1111

Calls DO NOT  
show on the phone bill



Vaccinations prevent us from getting diseases which can make us very ill.



We can have good and bad habits. It can be hard to start good habits and to stop bad habits.