



We are the Well-Being Workers and we are holding a competition about looking after yourselves.

There will be a prize per class for entries.

Please send entries in by Monday 11th November:

- 1) **Draw a picture about what makes them happy** (Both Nurseries and Reception)
- 2) **Design a poster about a Healthy Body and a Healthy Mind** (Y1 and 2)
- 3) **Write an acrostic poem about Mental Health** (Y3 and 4)
- 4) **Write a recipe for a 'Good Friend'** (Y5 and 6)

Please write your name and class on your entry.

Thank you

Phoebe Billinge and Abbie Davies

Year 5 Well-Being Workers

