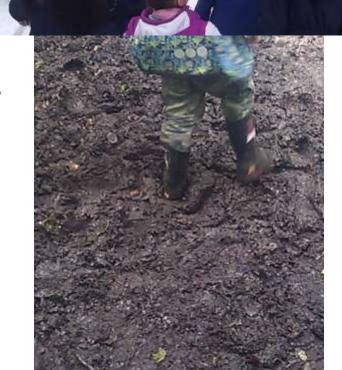
Well being in Forest School



Connect: Spend time with friends, enjoy doing things together and talking to each other

Be active: keeps you physically healthy and makes you feel good

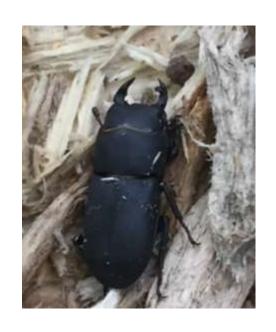






Take notice: take
time to look around
you.





Keep learning: try something new or learn about something just because it interests you.









Be creative and play: draw, act, play more.