



TUESDAY  
**10<sup>TH</sup>**  
OCTOBER



**mind** Lancashire  
INTERACTIVE **SESSIONS**



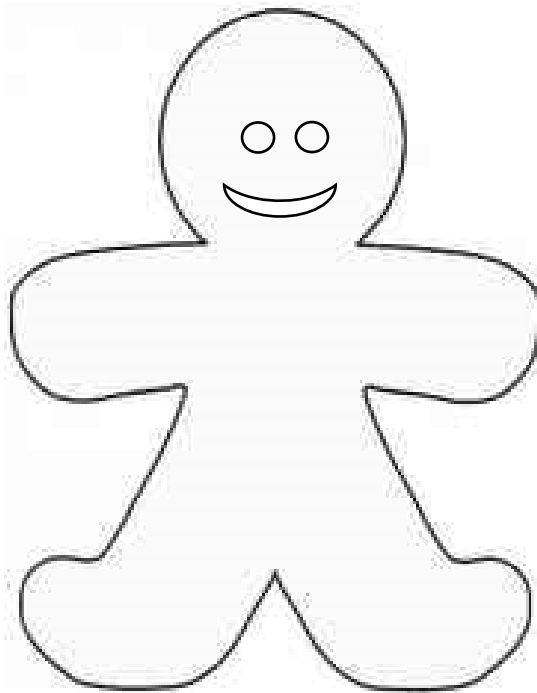
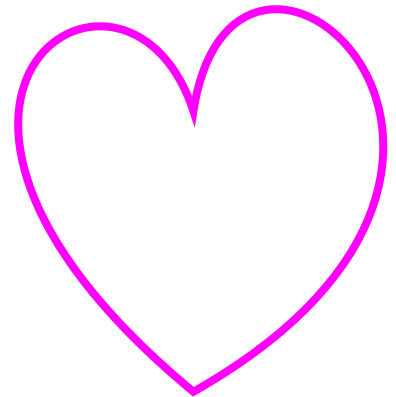
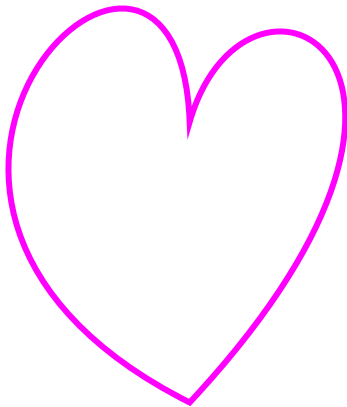
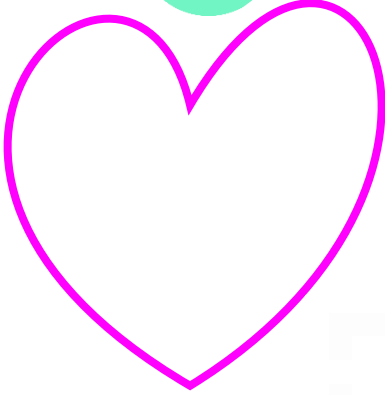
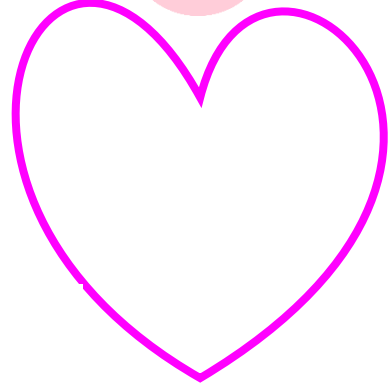
SESSION FOR **PRIMARY PUPILS**

World Mental Health Day 2023

COMPANION **RESOURCES**



# My Five Ways



## The 5 Ways to Wellbeing!

These are simple things we can do each day to help keep mental our mental wellbeing good.

This how I look after mine! 😊