<u>HeadStart Kent - Resilience Self-Reflection</u> <u>Health</u>

(Your health and wellbeing and of those around you).



	Usually	Sometimes	Rarely	Not Sure
I think my body is healthy				
I think my thoughts and feelings are healthy				
My family are healthy and happy				
My family look after each other to keep healthy				

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Health

	Usually	Sometimes	Rarely	Not Sure
I know where to go if I am worried about my health				
I know where to go if I am worried about others				