
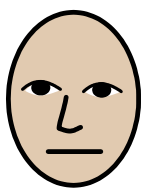

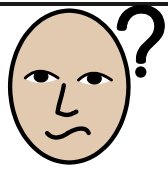
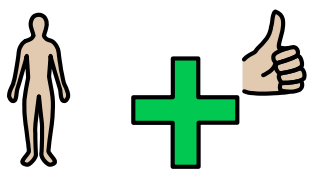
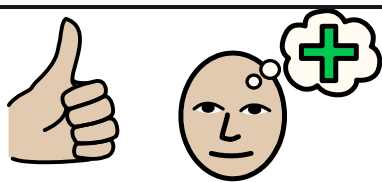
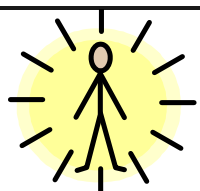


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Health

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


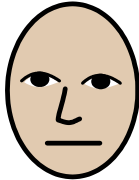

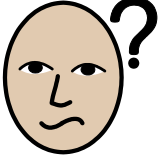

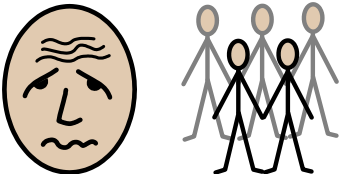
 Name: _____

	 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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HeadStart Kent - Resilience Self-Reflection

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				
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Designed by Sam Smith, St. Nicholas School (Canterbury)