

Confident
 What makes you feel happy?

Active

- ~ You do things for fun in your spare time
- ~ You have the chance to take part in leisure and sporting activities
- ~ The adults in your life help you to find ways to do things that interest you
- ~ You feel that people listen to you before making decisions which affect you
- ~ You are involved in making decisions about your life
- ~ If you need it, you have help to tell people about your views and decisions.

Effective
 Which things do you do well?

Responsible

- ~ You listen to other people and try to understand their point of view
- ~ You know the difference between right and wrong
- ~ You can manage your behaviour
- ~ You feel like you belong at home and at school and with friends
- ~ You are able to take part in activities which let you be with people that you need in your life
- ~ You get to meet lots of different people

Nurtured

- ~ You feel cared for and supported by people who live in your home
- ~ The people who care for you can afford to provide you with the right amount of food and clothing
- ~ You live in a home that is clean and warm

- ~ You are learning new things in school
- ~ You are confident that you can do well
- ~ You do the best you can

Achieving

Successful
 What are you good at doing?

Healthy

- ~ You feel protected from harm in your home
- ~ The people who care for you teach you how to protect yourself from harm
- ~ You are not scared when you go out and about in your local area
- ~ You have healthy food to eat most of the time
- ~ You exercise a lot
- ~ You get the chance to spend time outside

Included

Responsible
 What things can you do by yourself?

Safe

Instructions

1. Cut these instructions off first.
2. Fold the coloured paper in half, and half again to make a square. This will show you where the middle is.
3. Open out.
4. Turn over so the colours are face down.
5. Fold each corner to the middle.
6. Now turn over.
7. Fold each corner into the middle again.
8. Fold this square in half, and half again.
9. Open out the flaps and put your fingers and thumbs into each compartment.

You're ready to play.

Named Person

This person will be the key point of contact for the child and young person, their parents/carers, professionals and members of the community when the child has a wellbeing need. The Named Person will work with you to resolve any concerns. This person will change as your child gets older:

- Health visitor (birth to starting Primary)
- Primary Head Teacher, or other as arranged at school
- Secondary Guidance Teacher, or other as arranged at school

Do you know who your Named Person is?