Healthy, Confident Individuals

I'm learning re my food

I have firm Values and I am developing my own thoughts and beliefs.

I respect myself and others. I make and keep friends. snack every day.

I understand that

challenge.





Ready to lead fulfilling lives as valued members of society.

Hywel



I try to be <sup>independent and do</sup>

things for myself.

I aw pecowing more confident. I perform in front of others.

We understand why friends are so important.

mistakes help me to learn and I don't give up. I enjoy a

I understand how others are feeling. I am happy, healthy and safe. I know

who I can talk to about staying safe and healthy.

I am healthy and and have a healthy diet.

Ithink before I decide to do or say  $_{
m something.} I^{
m Know}$ if a risk is worth taking.