



# Observations

- When I see you doing...



# Feelings

- It makes me feel.....



# Requests

- Instead, could you please....
- Are you willing to.....

# Needs

- Because I need.....



# Could you try a resilience building move TODAY?

Try something  
new

Go for  
a walk

Be a good friend  
and role model  
for others

Lean on others  
when necessary

Have a  
laugh

Do something  
that interests you

Make friends and mix  
with other people

Be  
brave

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## Take part!

**HEAD  
START**

NEWHAM

**CONTACT**



in partnership with

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