## Try our Whitley wellbeing challenge





## Whitley Ways of Wellbeing











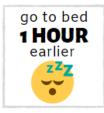


















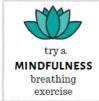














- Taster of self-care tips and techniques to look after your wellbeing.
- Try to take a photo as proof!
- You might want to complete this with your friends or family.
- You might want to send in your photos to your tutor or head of year.