



# Build your health wall.

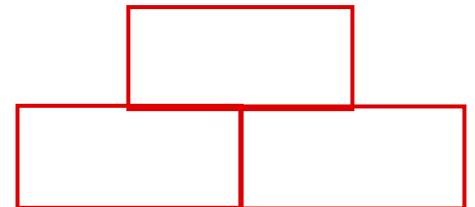
What does being fit and healthy mean to you?

To us, healthy means being kind to yourself, happy and safe. Being fit means more than just your body, it means being ready and prepared to deal with challenges.



Think about things that make you feel happy, healthy and safe, and things that make you feel ready and prepared.

Draw each thing as a block in their health wall, that protects you and helps you be ready and resilient.



Think about the people and things you have in your life that help you feel happy and safe.

Can you think of things that might crack your health wall? What things could damage your safety, your body or your sense of wellbeing?



What can you do to avoid these things or limit the impact of them?

**Why do you think protecting your health and happiness important?**