Learning through activity

Factors to discuss:

- Experiences of bullying
- Living in overcrowded accommodation
- Feeling lonely
- Healthy relationships with friends
- Opportunities to engage in enjoyable hobbies
- Being able to express feelings and emotions in healthy ways
- Good body image
- Access to green spaces
- Being treated unfairly based on our characteristics such as race, sex, age or disability
- Poor sleep hygiene
- Living in an area with a high crime rate
- A bereavement of a family member or friend
- Positive role models at home and in school