

Guide to the Resources in this pack



Resources just for you:

These are resources for you to use in your school.

Resources to share:

These are resources for you to use in your school that can also be shared on social media.

If you do share our resources with others, we ask that you always give credit to Mentally Well Schools as the author of the resource, and that you don't alter the resources in any way. For more details, please refer to the Terms & Conditions of Use and Copyright Notice.

Thank you for your support and understanding!

Ava and the team

