


Discover



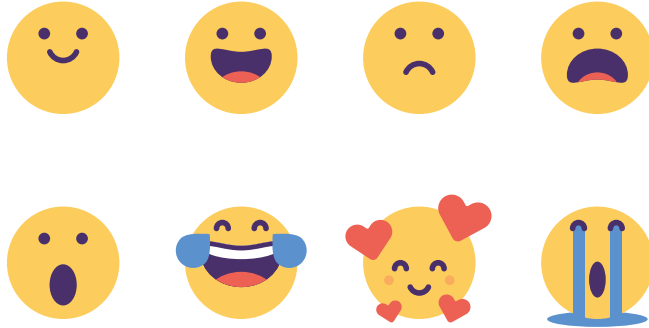
Perseverance is keeping going even when something is difficult.



Take notice



It is possible to feel more than one feeling in the same moment.




Connect




Showing kindness to others boosts our self-esteem and deepens friendships.



Give




Giving generously can positively impact others or their environment.



Vocabulary

compliment	An expression of praise or admiration towards someone else.
emotions	Unconscious reactions to situations.
passing on	To give something that you have used.
perseverance	The action of keeping going even if we find something difficult.
physically active	Taking part in activities that require movement.

Move



Aim for 6,000 to 15,000 steps a day to strengthen your muscles. This will help you be fitter, healthier and happier.

