

Join the



and



Follow the SMILERS
ways to wellbeing
on your school
journey.

Stay connected

Having healthy relationships with people and pets helps you to feel happy.



Walking, wheeling, travelling by bus or carshare is a great way to catch up with friends and family.



Who will you make your journey with and what will you talk about?





Move

Being active releases chemicals in your brain which boosts your mood and makes you feel good.

Walking and wheeling are active ways of travelling and can be part of your daily exercise.

Even if you travel by car you could share the journey with others and then 'Park' further away 'and Stride' the rest of the way.

Which way you will choose to move on your school journey?
(Please tick?)

