

HMS **Feel Good Friday**

My name is.....

This is my **Pupil Wellbeing Passport.**

It is really important that we look after and monitor our mental health and wellbeing. This passport and all of the challenges we have provided are designed to support these areas.

Choose which challenges you would like to complete and use this passport to record what you've done!

My mindfulness challenge...

My outdoor challenge...



My physical fitness challenge...

My baking challenge...

My creative challenge...

My bonus challenge...