



For Mental Health Awareness Week this year, we wanted to share with you some resources around self-care. Now more than ever, it is so important that we take time out for ourselves and show us the same kindness that we show to others.

Self-care doesn't have to be a chore; it can be done in small ways too! We hope that these resources give your pupils some ideas of how they take time out, relax and spend some time just 'being.'

We haven't forgotten about all of the incredible staff that have been working so tirelessly this past year too, take a look at our Staff Wellbeing resource below!

We have also designed a poster that you can share with your pupils as a reminder of where they can go to for support.

Don't forget to follow us on Twitter [@Compass_BUZZ](https://twitter.com/Compass_BUZZ) to see more from us!



Staff Wellbeing.pdf



Self - Care Cards
(1).pdf



Self - Care Tips
(2).pdf



Wellbeing
Planner.pdf



Wellness Planner .pdf



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