

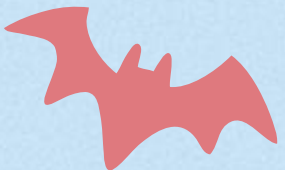


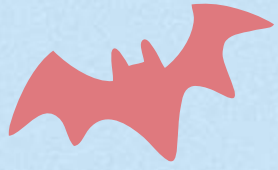
"well being"

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Class: Grade 7A





What does well being mean?

Well being means being healthy, happy and feeling good in life



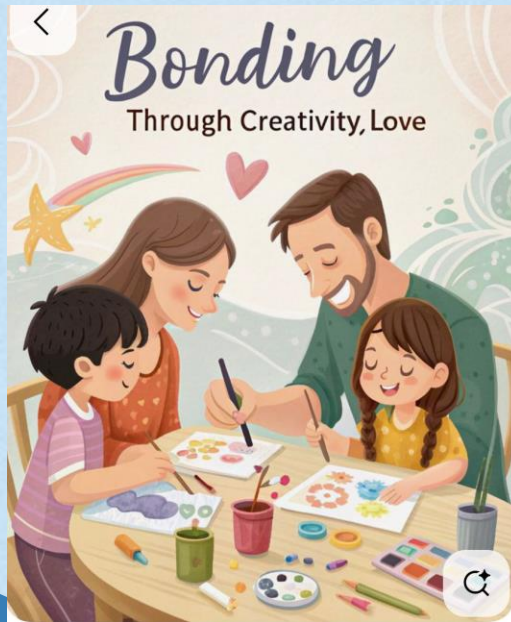
What are the 4 main parts of well being

- .Physical
- .Mental
- .Emotional
- .social



Role of home and school

GOOD WAYS



BAD WAYS



How does being respectful to yourself mean?

Build strong friendships

Feel safe and trusted

Create a peaceful environment



The history of Well Being and Public Health

.When did societies and people start caring about well being health?

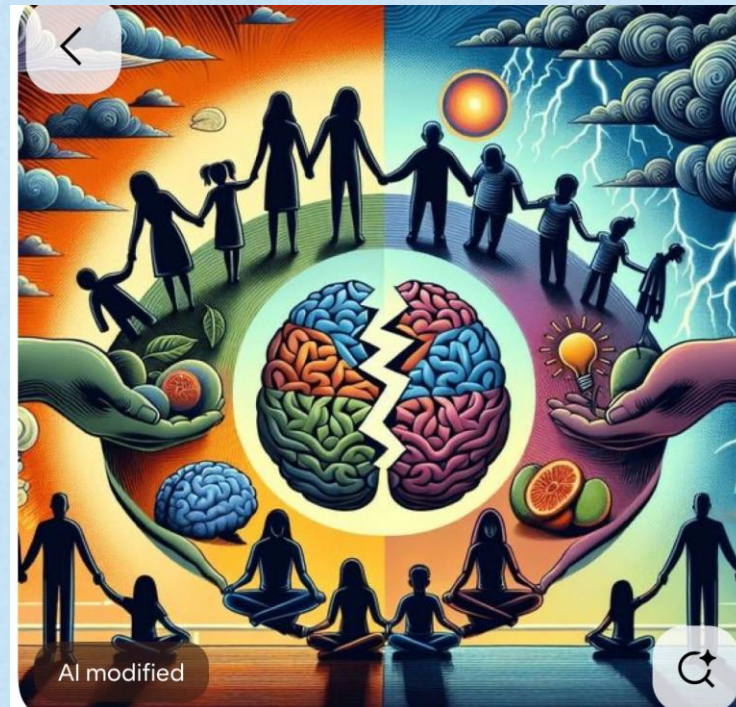
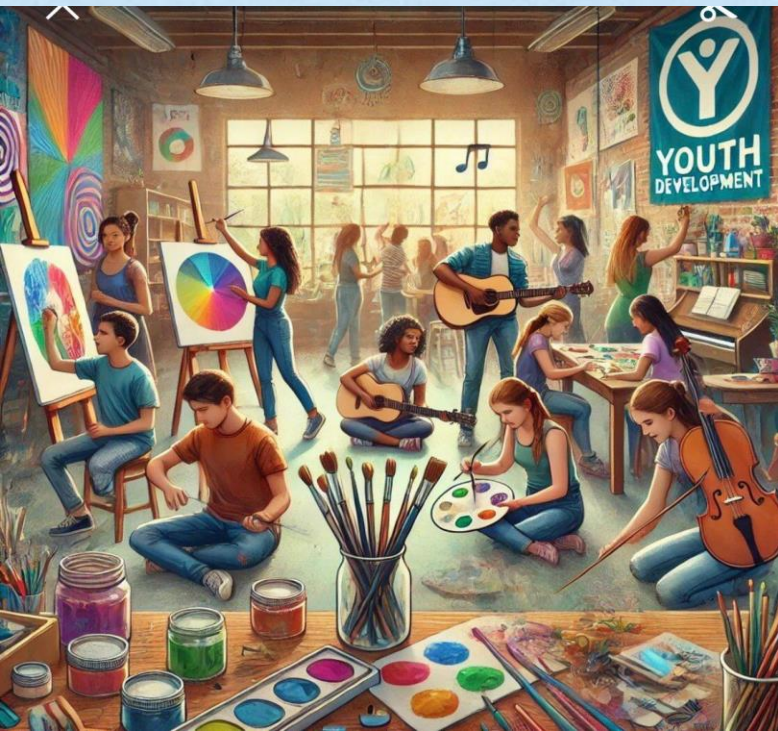
-people started well -being thousands of years ago .



How have government and communities worked together to improve well being.



How does well-being affect society? (family,school,community)



.Why is important to take responsibly for your actions, words and health at school and home and take care about your words?

.makes us stronger

.builds trust with your family

.helps create a safe and kind environment for learning at school.



conclusion

Together, we can make well-being a reality for all.

What small step can you take safe , included, and supported?



Thank you for
your attention

