

# Got It!



## Greetings Parents!

Over the coming weeks you will see a series of tip sheets from the **Got It!** team on how you can help develop the necessary skills for wellbeing in your child.

So what does 'wellbeing' have to do with **ALL** primary school aged children?

Behaviour

Feelings

Relationships

Social Skills

Resilience

Happiness



These are skill sets that **ALL** children need to develop. Over the coming weeks the **Got It!** team will be regularly adding small activities and tips to your school's newsletter that parents/carers can try out at home.

**Stay tuned!**

I'm not  
telling you  
it's going  
to be  
**easy,**  
I'm  
telling you  
it's going  
to be

**WORTH IT.**



**Health**  
Northern Sydney  
Local Health District