

Fantastic Families

and how to grow them

Basics	Belonging	Learning	Coping	Core Self
In our family we ...				
 have good enough housing  have enough money to live  live in a safe environment and feel secure  have access to transport to get to where we need to go  have a healthy diet  take regular exercise and fresh air  enjoy playing  have positive self esteem	 have good friendships and enjoy spending time together  feel connected with our community  show kindness to others  understand what has happened in our lives  have healthy relationships	 are keen to learn  are open to trying new things  can take on challenges  can find information we need  celebrate our achievements  can organise ourselves  have made plans for our future	 can keep calm  can enjoy good things happening in our lives  find time to do things that interest us  can have fun  know who to ask for help / advice  understand other people's feelings	 are responsible for our actions  know who we are and understand ourselves  look after ourselves  take time to rest and relax  can build on our skills  are confident and can praise ourselves  are aware of our feelings