Wellbeing Resources – Tina Callow

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| **Date** | **Work & Activities** |
|  | **Healthy Lifestyles**  The Healthy Lifestyles work can be completed over a few days. When you have finished please email it back to Tina [kcallow2@educ.somerset.gov.uk](mailto:kcallow2@educ.somerset.gov.uk) |
|  | **Mental Health Check**  This work is to be done at least every other day. You do not need to email this back to me unless you would like to share it. |
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