

# TAKING ME UP OR DOWN?

Achievement

Friendship

Positive experiences

Learning from failure

Play

Praise

Rewards

Recognition

Responsibility

Stable home life

Clear boundaries

Routine

Support if needed

Faith/spirituality

Good social skills

Good attachment

Being able to reflect

Range of  
hobbies/activity

Physically active

Positive social groups

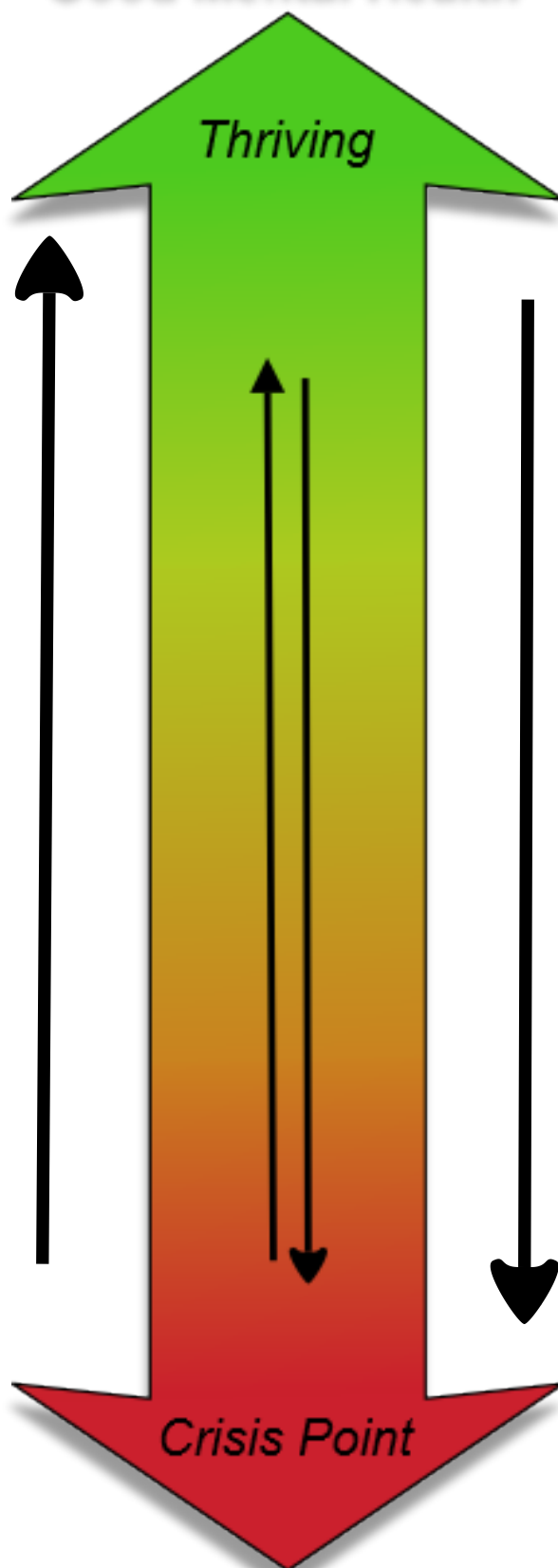
No less than average  
IQ

Good problem solving  
skills.

Ability to see the  
positive even in  
adversity.

Sense of humour

**Good Mental Health**



**Poor mental health**

Bullying

Poverty

Failing at something

Physically inactive

Low self-esteem

Bereavement

SEN

Long term illness

Disappointment

Poor social skills

Poor attachment

Parental separation

Poor diet

Exam pressure

Lack of routine

Genetics

Young carer

Speech & Language

Harsh discipline

Lack of boundaries

Abuse

Large family

Problems at home

Poor housing

Feeling unsafe

Chaotic learning  
environment

