



# WELCOME!



## HELLO! AHoy! DYDH DA!



### MY BRILLIANT PLACE TO BE ME!

is all about making **YOU** feel **GOOD!**

It's been made especially for children and young people in Cornwall and has a Cornish seaside theme.

**WHY?** Because we want Cornwall to be a brilliant place for you to grow up in. A place where you belong, feel safe and can be and do all the things you want to.

Inside **MY BRILLIANT PLACE TO BE ME!** you'll find lots of ideas and activities to help you understand your feelings better, as well as ways to look after your wellbeing. **ENJOY!**



**PSST!**

You can find more ideas about looking after your wellbeing online...

