



**MAGHERAFELT PS**

# **OUR TAKE 5 PLEDGE**

**I pledge to look after  
my mental wellbeing  
By finding ways to:**



**CONNECT -  
with the  
people  
around me**



**BE ACTIVE -  
in a way I  
enjoy**



**TAKE NOTICE  
- of my  
surroundings**



**KEEP  
LEARNING -  
new skills**



**GIVE - what I  
can**