



Wellbeing Reality – SENIOR

Wellbeing Reality:
RESPECTFUL, ASSERTIVE AND MEASURED
 💡 **Engagement + mindfulness**

Growth Mindset: What are three situations that you could find yourself in where you would need to speak assertively?

Self-Belief: What are three special things I remember from when I was young?

1.

2.

3.

Respectful Relationships: What thoughts did you have about this week's respectful relationships topic?

 What resilience skills, from page 36 of the planner, could you use to think about this week's topic?

Learning to Flourish: A component of social-emotional resilience is having optimism and hope for the future. Describe a time you have felt this and what you could do to feel it more often.

Character Strength: use **LOVE OF LEARNING** to do **BRAIN STRETCH**

 Strengths often work together as a family. What are two other strengths which could work well with this week's strength and why do you think that?

Gratitude Journal: What went well that you were grateful for?

1.

2.

3.

