



Wellbeing Reality – SENIOR

Wellbeing Reality:

WIN-WIN



Meaning + purpose

Growth Mindset: What do I do to ensure my relationships are connected, protected and respected?

Self-Belief:

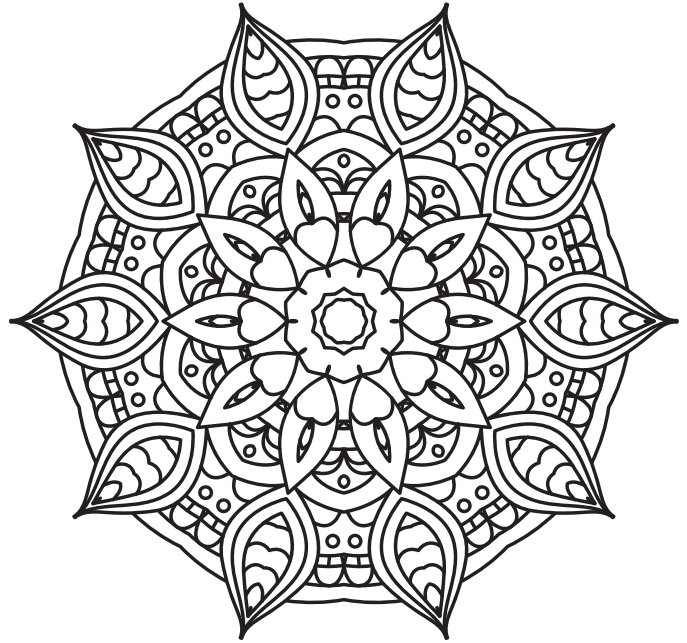
What are three things that make me feel like laughing?

1.

2.

3.

Mindful Colouring – enjoy time just being you (turn your mobile off)



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 empathy for others' needs and feelings. Describe a time you have done this and how you could do it more often.

Character Strength: use **BRAVERY** to do **COURAGE JOURNAL**

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.