



Wellbeing Reality – MIDDLE

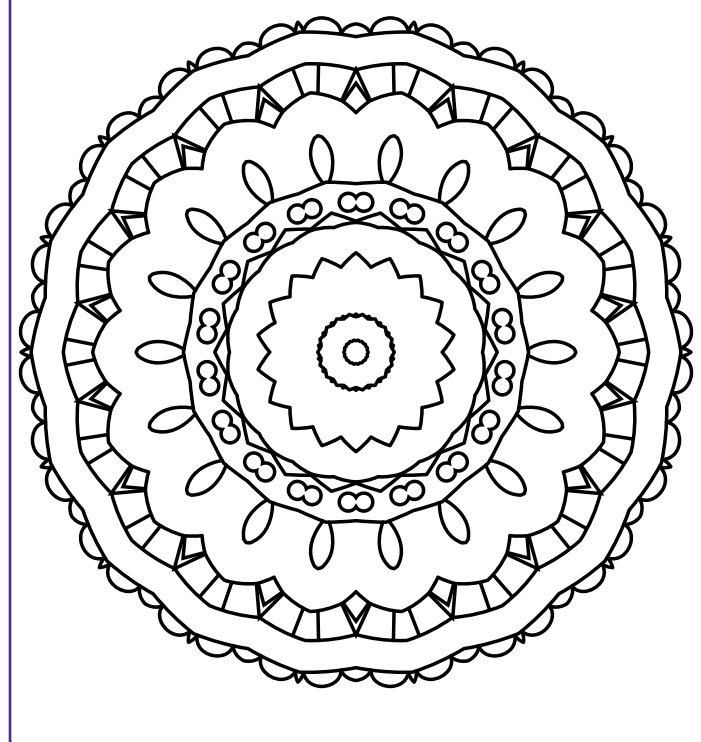
Wellbeing Reality:
T.E.E.L. PARAGRAPHS
 **Accomplishment + optimism**

Growth Mindset: I will use the T.E.E.L. Thinking Tool from the website when I have to create paragraphs.

Character Strength: use **PRUDENCE** to do **CLASH STRENGTHS**

Describe a time you used this strength well.

Mindful Colouring – enjoy time just being you (switch your mobile to Airplane mode)



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

What resilience skills, from the Wellbeing Reality on page 36, could you use to think about this week’s topic?

Thinking Flexibly: “Well done is better than well said.” Benjamin Franklin
 Describe what it means to you in your own words.

What is a character strength and an emotion it could be about?

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

1.
2.
3.