



# Wellbeing Reality – SENIOR

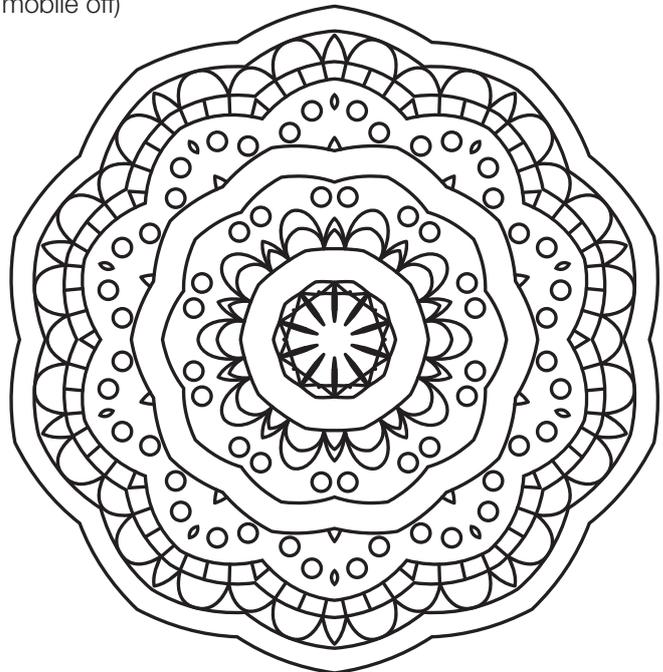
**Wellbeing Reality:**  
**T.E.E.L. STRUCTURE**  
 **Accomplishment + optimism**

**Growth Mindset:** What pieces of writing do I have right now where I could use TEEL?

**Self-Belief:** What are three ways I give in to my loved ones and myself?

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:** To learn about the body messages your face is sending, look into a mirror and move different facial muscles, eyebrows, cheeks, mouth, jaw and notice the changing feelings through your face.

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

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.