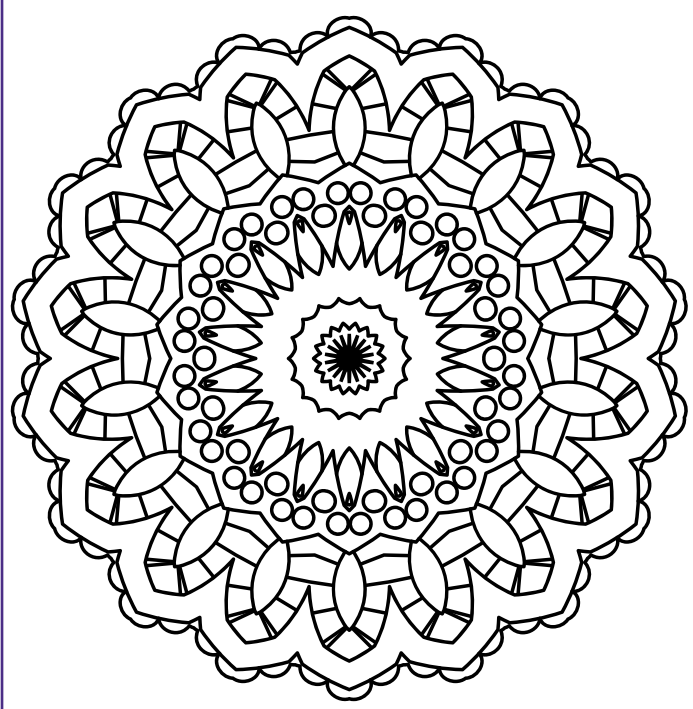




Wellbeing Reality – MIDDLE

Wellbeing Reality:
IN THE MOMENT
 **Health + strengths**

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



Growth Mindset: Knowing isn't enough, I need to do to connect with myself.

Character Strength: use **PERSEVERANCE** to do **STEP IT UP**

Describe a time you used this strength well.

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: "Those who have a why to live for can bear almost any how." Friedrich Nietzsche
 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.