



# Wellbeing Reality – MIDDLE

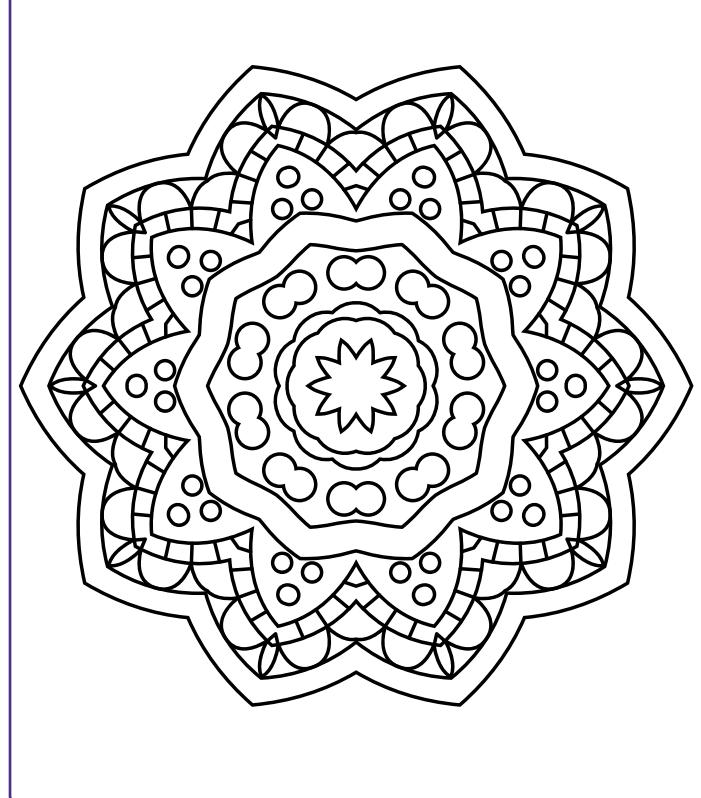
**Wellbeing Reality:**  
**BEATING SOCIAL MEDIA ADDICTION**  
 **Health + strengths**

**Growth Mindset:** How could social media help me become the person I want to become?

**Character Strength:** use **KINDNESS** to do **OTHERS MATTER**

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:** “Good things don’t happen in a hurry.” German Proverb  
 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.