

WEEKLY WELLBEING BUILDER



WEEK 3



BEING

COURAGEOUS

STAY GRATEFUL

Watch 'Gratitude: The Short Film by Louie Schwartzberg' (6:21).

Think About: 'By cultivating gratefulness, we are freed from envy over what we don't have or who we are not. It doesn't make life perfect, but with gratitude comes the realisation that right now, in this moment, we have enough, we are enough.' Robert Emmons, Thanks!, 2007

Engage in the following reflection regarding your friends or family.

Thankful friends:

- Picture a close friend or family member.
- Write their three best qualities - the ones that make you truly grateful they are in your life. For example, how they follow through on their plans and never ghost you, or the way they always make you laugh when you feel down.

Make them a card or send a text to let them know how you feel.

STAY POSITIVE

Positivity Strategies to enhance feelings of positivity can include:

1. Counting your blessings
2. Cultivating optimism
3. Avoiding over-thinking and social comparison
4. Practicing acts of kindness
5. Nurturing relationships
6. Doing more activities that truly engage you
7. Replaying and savouring life's joys
8. Committing to your goals
9. Developing strategies for coping
10. Learning to forgive
11. Practicing religion and spirituality
12. Taking care of your body

Circle three strategies you're going to try this week and explain why you chose them.

GET CRAFTY

Create a digital collage of items you're grateful for, such as friends and family.

GET CHALLENGED

Winks

Energy: Low
Equipment: None
Duration: 1 minute

Improve focus and concentration with this simple, fast-paced exercise. Students wink their left eye then click their right fingers and swap, repeating the process.

Challenge: Do this as quickly as possible.

SOMETHING NEW

Now is a great time to get creative in the kitchen!

- Make your own play-dough
- Test out some different slime recipes
- Create some fruit rockets using skewers
- Bake some cookies
- Make a mug brownie
- Choose a new recipe for dinner
- Make some tasty protein balls
- Design your own tortilla pizza

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

M. T. W. T. F. S. S.



MOOD TRACKER



MY CREATIVE SPACE