

WEEKLY WELLBEING BUILDER



WEEK 4



BEING

COURAGEOUS

STAY POSITIVE

Mindsets establish your approach to working on the things you would like to achieve.

- Do you jump right in?
- Do you prefer to spend time thinking about your response or actions?
- Are you someone who puts things off to the last possible minute?

Reflect On a piece of paper, write a response to each of the questions below. They could also be an interesting conversation starter with a family member or a friend.

- How do you react when you think something is going to be too hard, or you won't perform well enough? How do deadlines impact your engagement with a problem?
- Is your goal to get better at something or to do it perfectly every time?
- Would you rather appear confident or be confident?
- Who do you ask for help with: motivation, new skills or your understanding of something?

STAY GRATEFUL

LIST 3 THINGS YOUR GRATEFUL FOR
THIS WEEK:

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

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



WATCH IT

Watch this video about Fixed and Growth Mindsets. How does this connect with what your responses and thinking in STAY POSITIVE?

https://www.youtube.com/watch?v=KUWn_TJTrnU&feature=youtu.be

GET CRAFTY

Create a Friendship bracelet for a family member or close friend.

<https://www.instructables.com/id/how-to-make-a-friendship-bracelet-1/>

SET YOURSELF UP

Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- Clean your desk
- Take stretch breaks
- Take eye breaks (get away from screens)
- Go outside
- Talk to someone
- Eat something tasty (and healthy!)
- Drink plenty of water
- Read or do something funnywhat else is on your list?

GET MOVING

Try the 'One Hand' dance challenge on TikTok

<https://www.tiktok.com/@jojopolkdig/video/6787058327483403526>

MOOD TRACKER



MY CREATIVE SPACE