

# WEEKLY WELLBEING BUILDER



WEEK 5



BEING

COURAGEOUS

# BAKE IT

Make someone in your house a mug muffin.

<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>

# STRETCH IT

Experts recommend standing and moving for a few minutes every hour or so. Can you stretch your body, moving all your muscles and loosening up?

# CURIOSITY AND INTEREST

People who are curious like to connect something they know with something they don't know...like what's going to happen next in a book you're reading, or how to solve a problem in a game. When we are learning things like chemistry, our brain sticks together the bits we understand with the bits we don't understand yet.

If we use our curiosity and think "what if...?" or "I wonder...?", learning can be more engaging.

Curiosity can be exciting and can motivate us to find out more about something. It's also what helps us find things that really interest us.

What are you curious about or excited to try?

Finish this sentence:

I wonder why.....

How could you find out more about it?

# SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

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



# WATCH IT

<https://www.youtube.com/watch?v=3XA0bB79oGc&feature=youtu.be>

Sometimes when people feel insufficient, or like they are not good enough, they can become defensive. This can cause them to act in a way that prevents other people from getting close to them.

- What aspects of the main character's behaviour demonstrates this?.
- Connecting with someone (or something!) else can help. Small acts of kindness can be very powerful in showing people they are good enough, just the way they are.
- What small acts of kindness do you already perform, to connect with other people?.
- Write one new kind idea below, to help connect with others..

# STAY GRATEFUL

LIST 3 THINGS YOUR GRATEFUL FOR THIS WEEK:

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# MOOD TRACKER



# MY CREATIVE SPACE