

WEEKLY WELLBEING BUILDER



WEEK 6



BEING



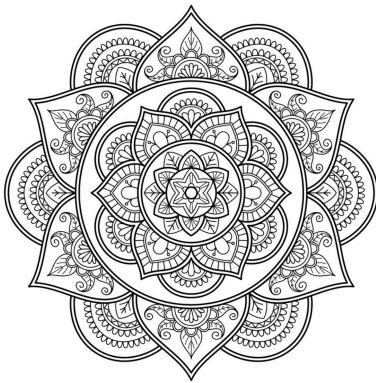
COURAGEOUS

SAY IT

Write someone in your house, or in isolation far away, a card. Provide them with an example of why you think they are awesome.

MOVE IT

Dance like no one is watching!. Find your favourite music clip or movie scene. Join in and get your boogie on.



MAKE ART

Colouring or creating Mandalas can assist us to be mindful and give our minds a rest from being busy.

- Google Mandala templates and print some out. Colour them in with pencils, markers or paint.
- Or why don't you make your own? Just begin with a circle, find the middle and go from there.
- Mix it up, go outside and create one with rice or

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

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



WATCH IT

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Last week we looked at small acts of kindness.

This short clip suggests four other areas which make you and others feel good. But it doesn't give suggestions on how to enact each area.

- Write down one area you will choose to help your wellbeing this week.
- Brainstorm different ways you can action this area.
- How can you do it differently while in isolation?
- How might you continue this when you return to school.

STAY GRATEFUL

LIST 3 THINGS YOUR GRATEFUL FOR THIS WEEK:

MOOD TRACKER



MY CREATIVE SPACE