

WEEKLY WELLBEING BUILDER



WEEK 5
Remote
Learning
2.0



BEING



COURAGEOUS

Resilience Bingo



LOOK AFTER YOURSELF	LEARN FROM YOUR MISTAKES	BUILD POSITIVE RELATIONSHIPS	FORGIVE YOURSELF	KEEP CHALLENGING YOURSELF
DEVELOP A STRONG SOCIAL NETWORK	PUT THINGS INTO PERSPECTIVE	LEARN FROM DIFFICULT SITUATIONS	DONT BE AFRAID TO FAIL	DONT BE AFRAID TO TAKE RISKS
WORK ON YOUR STRENGTHS	PAY ATTENTIONS TO YOUR OWN NEEDS	NEVER GIVE UP	LEARN TO PROBLEM SOLVE	CHALLENGE THE NEGATIVE THOUGHTS
BE OPTIMISTIC	SET GOALS YOU CAN ACHIEVE	BE CONFIDENT IN YOUR ABILITY	SPEND TIME REFLECTING	PAY ATTENTION TO YOUR FEELINGS

Try to tick off either 4 or 5 in a row!

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

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

MOOD TRACKER



MY CREATIVE SPACE

2020 - CHRISTMAS CARD DESIGN COMPETITION ENTRY GUIDELINES

The Christmas Card Design Competition is open to all students in Catholic primary schools and secondary colleges in the Diocese of Sale.

Theme

This year the theme is based on the following scriptural quote:

*And she gave birth to her firstborn son and wrapped him in bands of cloth and laid him in a manger, because there was no place for them in the inn.
(Luke 2: 7-8)*

- Only religious images are to be used, not images of Santa, Christmas trees or presents.
- No words are to be written on the picture.

Artwork Conditions

- Owing to problems caused by the pandemic, entries this year will be in digital form.
- All artwork submitted must be the original work of the student. Group submissions will not be eligible for prizes.
- A maximum of one entry per student is permitted. There is no limit to the number of entries a school may submit.
- All entry forms (see attached) must include the student's name, school, class and year level. Please specify which grade level for students in composite classes. Please also ensure that the hand writing can be easily read.
- A typed list of all entries is to accompany submission from each school.
- Entries become the property of this Office and may be used for publicity purposes. The artist will be acknowledged at all times. The *Best of Primary School* and *Best of Secondary College* entries will be featured on this year's Catholic Education Office Digital Christmas Cards.
- Entries must arrive at this Office **by 4.30 pm Friday 23 October 2020**. Entries should be emailed to: publications@ceosale.catholic.edu.au
- All queries are to be directed to Dr Sr Rose Duffy csb via email rduffy@ceosale.catholic.edu.au or phone 5622 6624.