

WEEKLY WELLBEING BUILDER



WEEK 6
Remote
Learning
2.0



BEING



COURAGEOUS

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N
D
A
Y

I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

One song from my childhood that brings back good memories is

I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

Describe one of your favourite hobbies

I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

What is a failure that ultimately led to a positive outcome

I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

Whats your favourite family memory

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I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

Describe your favourite pet

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I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

Who is a friend you can always rely on

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Y

I am grateful for _____ because:

I am looking forward to _____ tomorrow because:

What is your biggest accomplishment in life to date:

MOOD TRACKER



MY CREATIVE SPACE