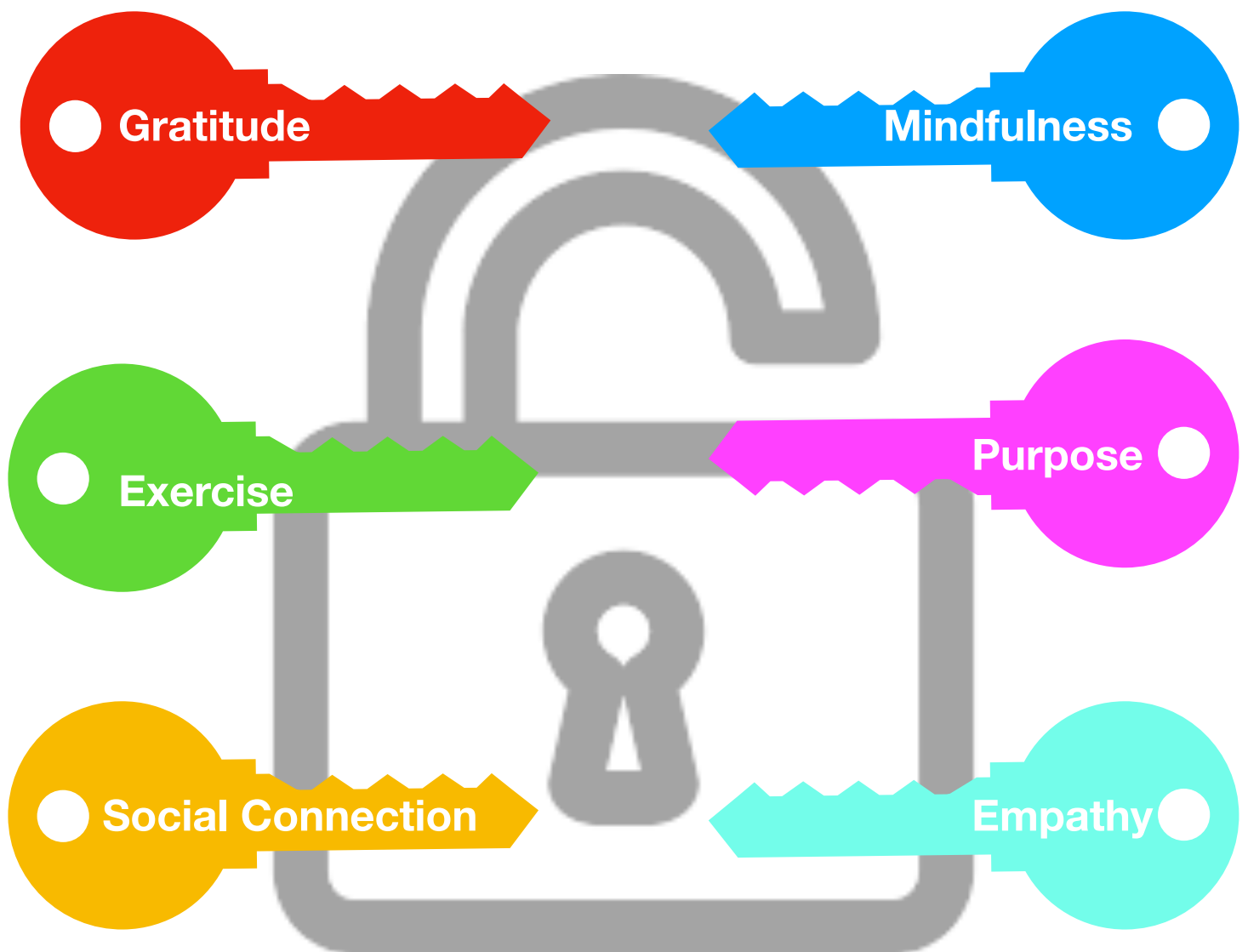


Bouncing Back Forward into Term 4

Our world has faced (and is still facing) a significant challenge. With a return to remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the term. Try all of these things – they work!



Unlock your Wellbeing



BEING

COURAGEOUS