

# WEEKLY WELLBEING BUILDER



Term 4  
Week 1



BEING



COURAGEOUS

# 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** what this term will bring?

How could I **improve** this term?

# GET CHALLENGED

## Winks

Energy: Low  
Equipment: None  
Duration: 1 minute

Improve focus and concentration with this simple, fast-paced exercise. Students wink their left eye then click their right fingers and swap, repeating the process.

Challenge: Do this as quickly as possible.

# SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

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



# STAY GRATEFUL

LIST 3 THINGS YOU'RE GRATEFUL FOR THIS WEEK:

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# DEVELOPING A MANTRA

1. Review your biggest achievements. ...
2. Rate each item from one to 10. ...
3. Select the one item that makes you feel the most confident, self-assured, and strong. ...
4. Condense it into one word. ...
5. Use this one word daily.

# GET CRAFTY

Create a digital collage of items you're grateful for, such as friends and family.

# PREPARE

Create a routine that will assist you to bounce forward into onsite learning. Use all the information that has been provided

# MOOD TRACKER



# MY CREATIVE SPACE