

PRIORITIES / DUE DATES / GRATITUDES

MONDAY 24

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0 6

0

BEATING SOCIAL MEDIA ADDICTION

Wellbeing Reality: by having the courage to turn off your phone for several days, you enable your brain to rewire itself to value real world experiences.

Non-stop moments from social media are addictive and give you dopamine hits, which feel great for a while but quickly go, causing you to lose patience, interest in setting goals and always looking for instant gratification. Start reading, cooking, playing sport, listening to music, or gardening to rejoin the real world.

Acknowledgement: Greenfield & Hassed

Discuss with a classmate – what stops you from turning off your devices for several days?

What hard, boring and structured things could you do to build your inner strengths?

Last Word - choose real people over screens to feel human.

MINDFULNESS

LEAVES. Go outside and pick up as many different types of leaves as you can in five minutes. Go back inside and describe how each of them feels, how many lines they have on them, how they smell and anything else you notice about each one.

RESPECTFUL RELATIONSHIPS

With a classmate discuss - what do the terms stress and challenge mean to each of you and how are they different? What are three stressors and what are three challenges that you currently have in your life? What are you doing to cope with each of them and how are they affecting your relationships?

WHAT WENT WELL THIS WEEK?

CHARACTER STRENGTH: Use KINDNESS to do OTHERS MATTER on page 132.

TUESDAY 25

WEDNESDAY 26

THURSDAY 27

FRIDAY 28

SATURDAY 29

SUNDAY 30

www.viacharacter.org

THINGS TO DO	WEEK	
-		
Communication / Comments:		
Teacher:	Parent / Guardian:	
TOGOTIOT.		
	"Good things don't happen in a hurry." German Proverb	

To focus on the wonders of life spend more time outdoors in parks, at rivers, lakes and the beach.











