

**POSITIVE EMOTIONS + GRATITUDE**



**BELIEVE IN YOURSELF**

**Wellbeing Goal:** by accepting that you are one of a kind and that you don't need to try to be like others, you will have a reason to build your best possible self. Believing in your abilities and strengths will enable you to welcome challenges and stretch yourself.



When you make mistakes, believe that by learning more intelligent things, you will grow your brain's abilities to fix them. Only doing easy tasks won't cause any growth.

*Acknowledgement: Bandura & Rotter*

*Discuss with a classmate – when are times you have believed in yourself to stretch your thinking to fix your mistakes?*



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*Gratitude feeling – what skills, strengths and talents do you have that you are grateful for?*



.....

**BOOKS READ THIS WEEK**



TITLE	PAGES

**MINDFULNESS**



**Favorite Meal.** Think of your favorite home cooked meal. What does it taste like? What does it smell like? What does it look like? How do you feel when you eat it?

**RESPECTFUL RELATIONSHIPS**



*With a classmate discuss – what are three types of relationship problems you could have that you could solve on your own and why? If you needed help, who could you ask?*

**VOCABULARY BUILDER**



occupy	believe	arrow	site
depend	wrap	prophet	orphan
beyond	opposite	exceed	nephew
rap	chief	tropical	sight

**NUMBER SKILLS**

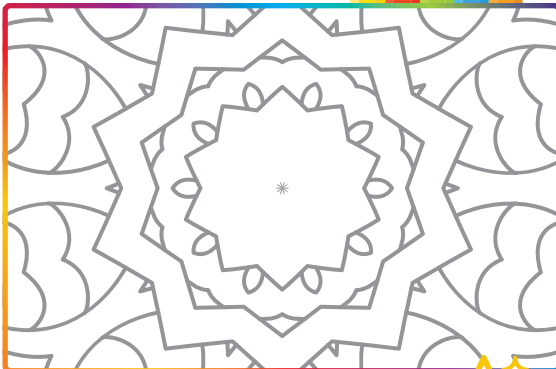


Share \$1,800.00 among 30 friends. How much will each friend have? \_\_\_\_\_  
 27, 39, 51, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 (8)<sup>2</sup> \_\_\_\_\_  
 9:15 am + 1½ hours = ? \_\_\_\_\_  
 Round off 429.1 to the nearest 100 \_\_\_\_\_  
 Do a table grid from the website \_\_\_\_\_

**CHARACTER STRENGTH:** Use *PERSPECTIVE* to do *STRENGTHS THINKING* on page 130.

[www.viacharacter.org](http://www.viacharacter.org)

**MINDFUL COLORING**



**WHAT WENT WELL THIS WEEK?**



- 1 .....
- 2 .....
- 3 .....

**THINGS TO DO**

WEEK

**31 MONDAY**

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**1 TUESDAY**

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**2 WEDNESDAY**

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**3 THURSDAY**

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**4 FRIDAY**

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**5 SATURDAY**

**6 SUNDAY**

Communication / Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Teacher: \_\_\_\_\_ Parent / Guardian: \_\_\_\_\_

*"You must expect things of yourself before you can do them." Michael Jordan*

**WELLBEING TIP**

Don't lose it; logic drops and anxiety rises; poor decision making.

**HOW DO YOU FEEL THIS WEEK?**

