

RELATIONSHIPS + EMPATHY



PRIORITIES / DUE DATES / GRATITUDES

SHARING GOOD NEWS

Wellbeing Reality: through listening actively and responding enthusiastically to others sharing their good news face-to-face, both them and you will feel the uplifting highs of serotonin and oxytocin. Nearly 60% of young people would prefer to send a text rather than talk face-to-face with someone in the same room. Doing this takes away their opportunity to feel a sense of belonging and social connectedness, two most powerful builders of wellbeing.

When someone shares their good news story, don't interrupt, use eye contact and ask *tell me more.*

Acknowledgement: Gable, Gonzaga & Strachman



Discuss with a classmate – what are your good news stories? Listen actively and don't interrupt. Feel good?

Who could you ask to share their good news stories? Were they grateful?

Last Word – the best way to make others feel that you think they matter is through listening in person to them.

MONDAY 14

TUESDAY 15

WEDNESDAY 16

THURSDAY 17

FRIDAY 18

SATURDAY 19

SUNDAY 20

MINDFULNESS

BIRDS. Walk outside and spend five minutes counting as many birds as you can and how many different types you can identify.

RESPECTFUL RELATIONSHIPS

With a classmate discuss – in what ways do you think showing empathy for others' needs and feelings is an important thing to do to maintain respectful relationships? What happens when you don't show empathy.

WHAT WENT WELL THIS WEEK?

- 1
- 2
- 3

CHARACTER STRENGTH: Use **CREATIVITY** to do **MEDIA SEARCH** on page 132.

www.viacharacter.org

THINGS TO DO

WEEK

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Communication / Comments:

Teacher:

Parent / Guardian:

"Listening is the greatest compliment you can give others." Roy Moody

WELLBEING TIP

What are the five most important values in your life? Write them down and live by them.

HOW DO YOU FEEL THIS WEEK?

