

Positive emotions + gratitude



RESILIENCE, OPTIMISM AND OBSTACLES

WHY: by accepting that being optimistic assists you to grow the skills of resilience (page 135) to overcome obstacles in your life, you will have the self-belief to stretch your efforts to grow personally and academically.

HOW: believing that you can influence your own future is a powerful booster of your state of wellbeing. Beware that addictions, such as social media and gaming, can very quickly rob you of optimistic outlooks on life.

Acknowledgement: Rievich & Shatte

DO: what areas of your life can you influence for your future?

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Which skills of resilience (pg 135) do you need to focus on developing in yourself?

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How could the resilience skill, Self-belief, help you to do this? (pg 135)

Respectful Relationships

From Feelings and Emotions, choose three sets of three emotions, which rise in intensity from weak to strong. For example, calm, worried, frantic. Role play what body language you would show for each set of three.

Calm, worried, frantic

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

What went well this week?

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

PRIORITIES/DUE DATES

22 MONDAY

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/mins /hrs

23 TUESDAY

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/mins /hrs

24 WEDNESDAY

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/mins /hrs

25 THURSDAY

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/mins /hrs

26 FRIDAY

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/mins /hrs

27 SATURDAY

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28 SUNDAY

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Character strength

Use APPRECIATION OF BEAUTY AND EXCELLENCE to do **STRENGTHS BOOSTER STRUGGLE STRENGTHS** on page 138.



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THINGS TO DO - WEEK:

November 2021

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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Communication/Comments

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Teacher: Parent/Guardian:

Wellbeing Tip

Be happy, you are your most important asset.

How did you feel this week?

