MEANING + PURPOSE

Give to Live

Wellbeing Learning Intention: by learning that when you give of yourself to make others' lives better, that you are adding meaning to your own life, you will be more aware of opportunities to do so. The best way to build you own wellbeing is by doing kind things to develop others' wellbeing. Human beings are hard wired to thrive when working and sharing together, so it makes sense for you to enjoy the company of other people.

Acknowledgement: Frankl & Nakanishi

Wellbeing Reflection – When are times you have given of yourself to make others' lives better and how did you feel?

Purpose Feeling – What are five little things that you could do every day to give more of yourself?

How could using the resilience skill, connecting with others, help you to do this? (see p.133)



What went well this week?

1 2 3 26

	Books read this week	
	Title Pages	
g		
5		
e		T
g		1
У		
		T
ı		
2		
Ð		
	Habits of Mind	
	Hubits of Hind	
	Thinking Flexibly – changing the way you think for different situations and	To
~	when you receive new information. Converting negative mind chatter	
	to positive thinking. When have you	した
\geq	been flexible in your thinking? Who has impressed you by adapting their	T
Z	thinking?	
\setminus)		
		T
		Pty Ltd
		Services (VIc) Pty Ltd
1		d Ser

CHARACTER STRENGTH Use SENSE OF MEANING to do

SELF-IMAGE on page 146.

SEPTEMBER 2021		
THINGS TO DO WEEK:		
20		
ХО Ж		
21		
Ę		
22		
MEDNESDAY		
23		
THURSDAY		
24		
FRIDAY		
й ————————————————————————————————————		
25 SATURDAY		
26 SUNDAY		
COMMUNICATION/COMMENTS:		
TEACHER: PARENT/GUARDIAN:		
WELLBEING TIP HOW DID YOU FEEL THIS WEEK?		
When travelling, stretch your arm and leg muscles every ten minutes.		

27