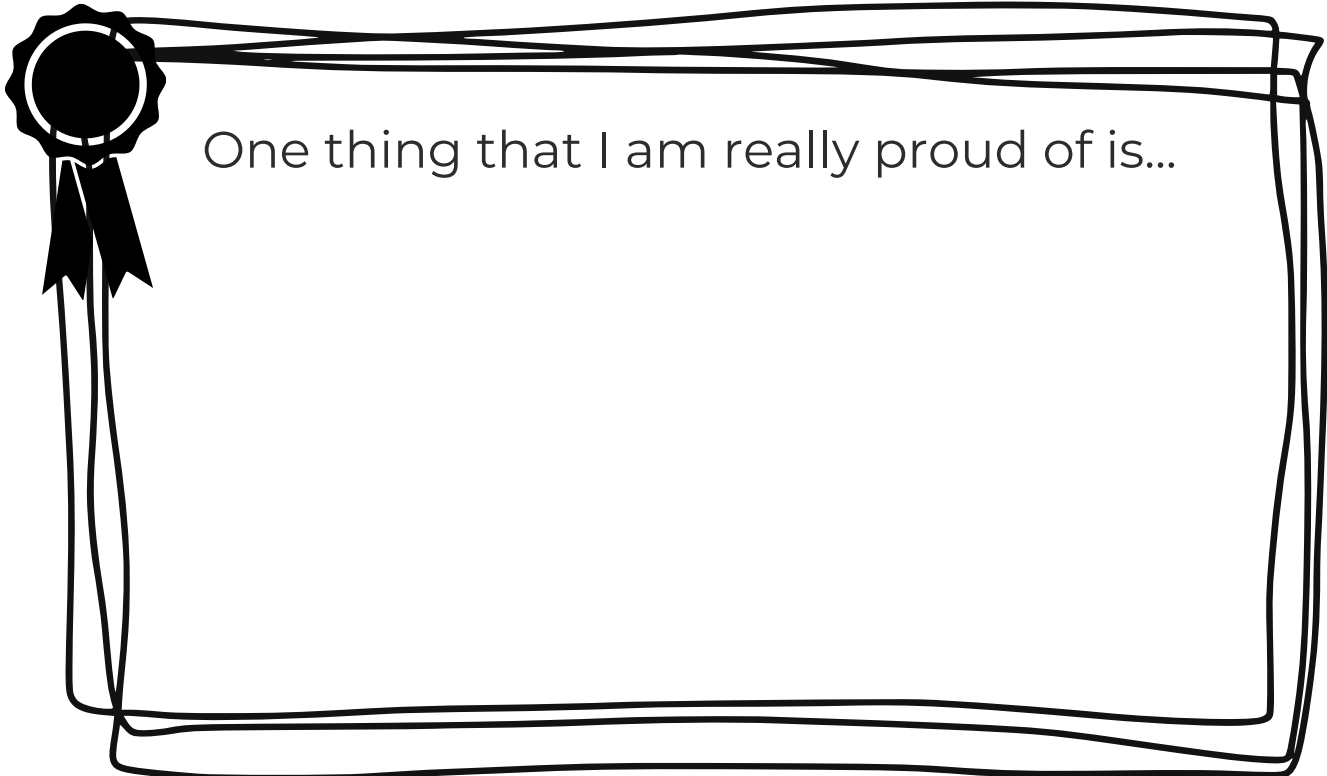


5 ways to better wellbeing



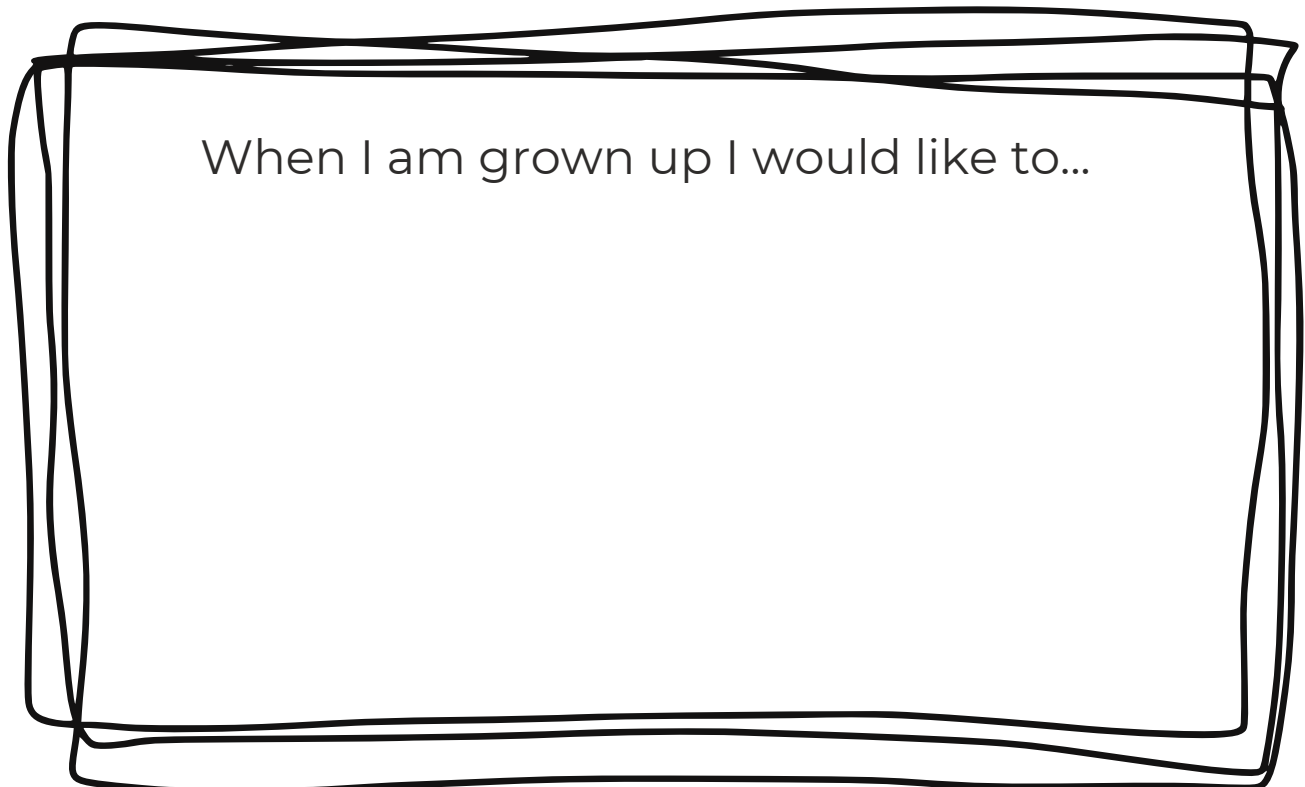
Name:

Proud of me



One thing that I am really proud of is...

In the space above write something you've done that you are proud of.



When I am grown up I would like to...

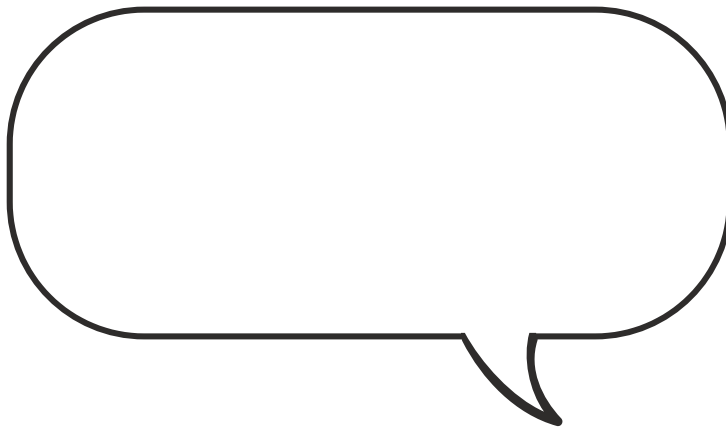
In the space above draw a picture showing what you would like to be when you grow up.



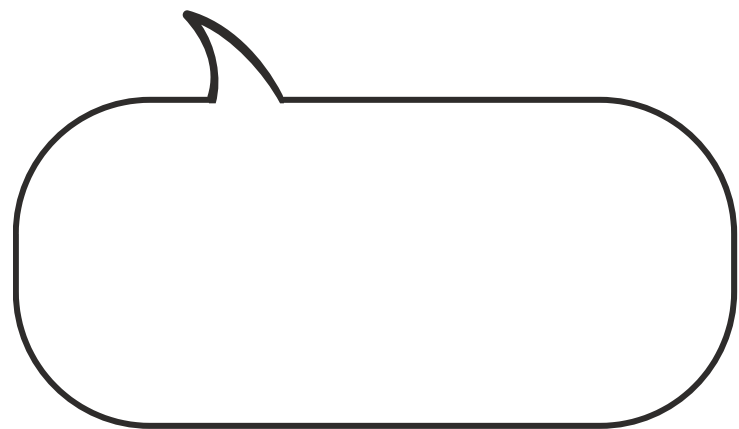
Describe how
you are feeling



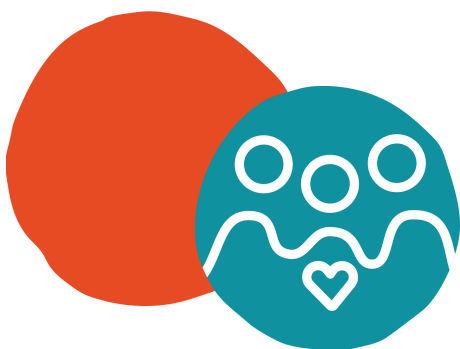
Beginning of lesson



Draw an emoji or write words to describe how you feel.

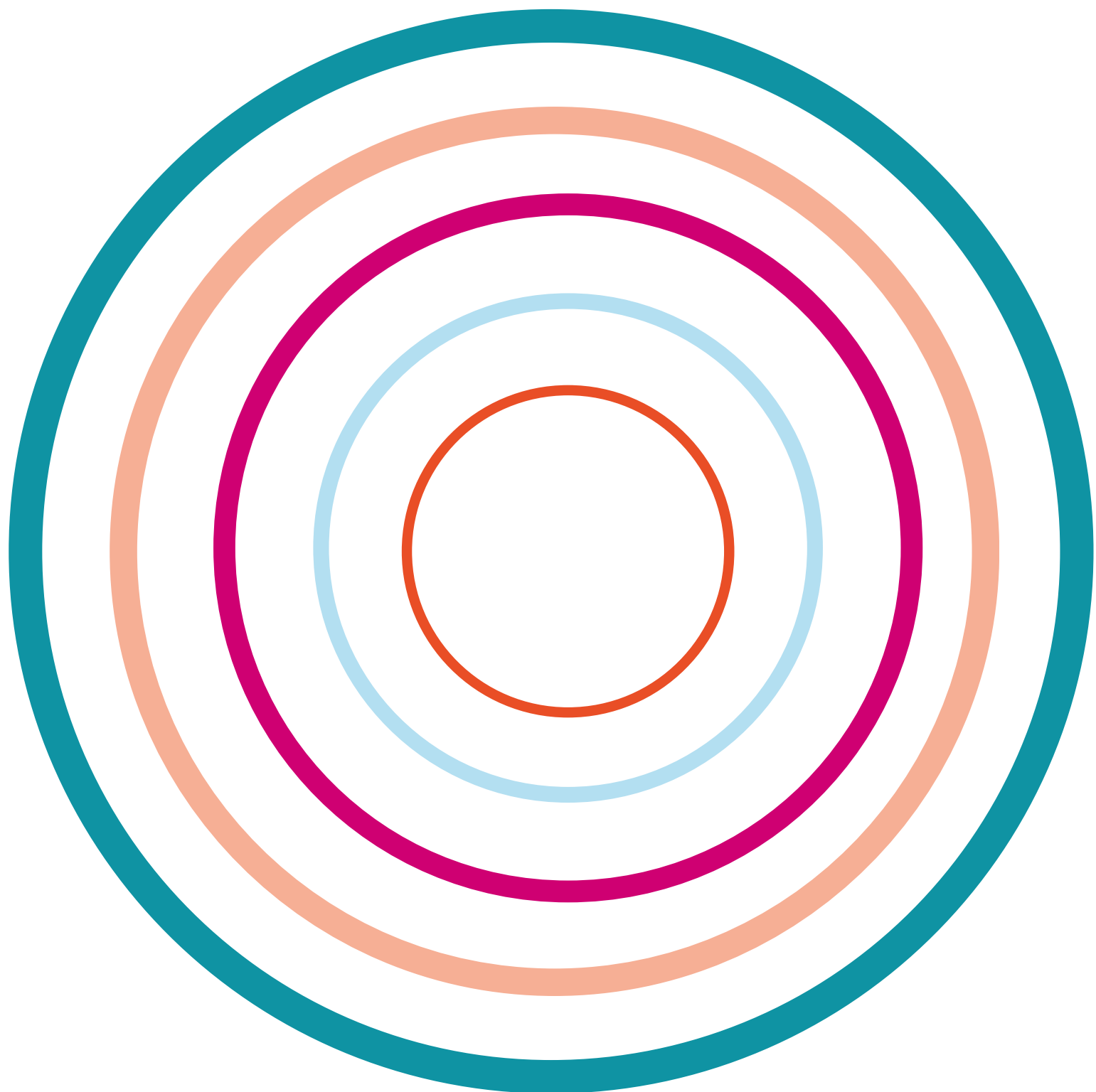


End of lesson



The ways that I can connect with others are...

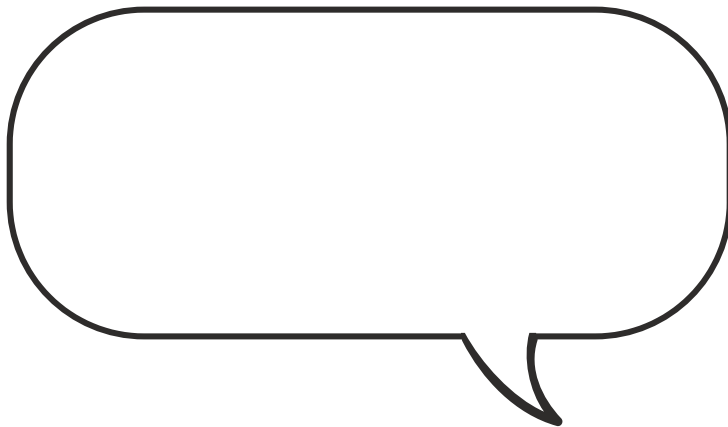
Circles of support



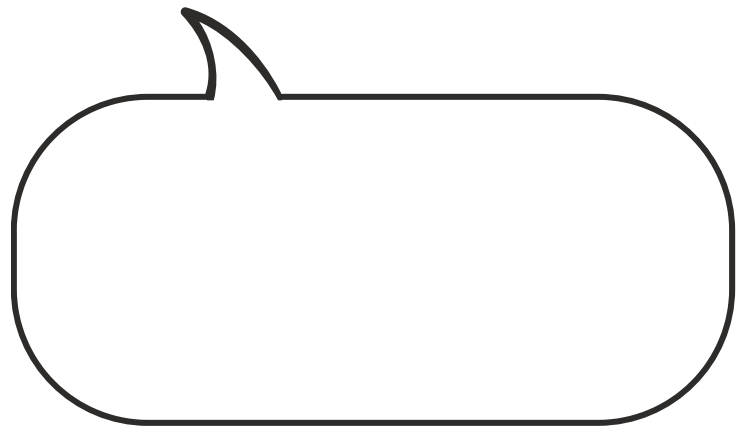


Describe how you are feeling

Beginning of lesson



Draw an emoji or write words to describe how you feel.



End of lesson



The ways that I can be active are...



Describe how you are feeling

Beginning of lesson



Draw an emoji or write words to describe how you feel.






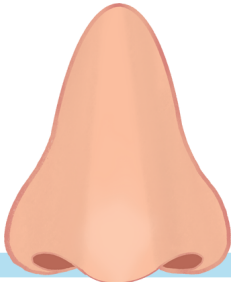
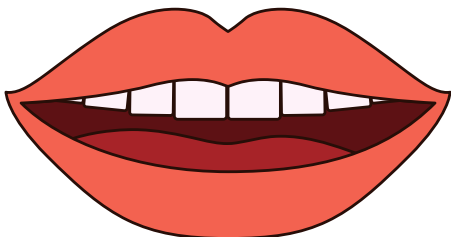
End of lesson



The ways that I can take notice are...

Senses walk

Write down two things that you can see, two things that you can hear, two things that you can touch, two things that you can smell, and two things that you can taste.

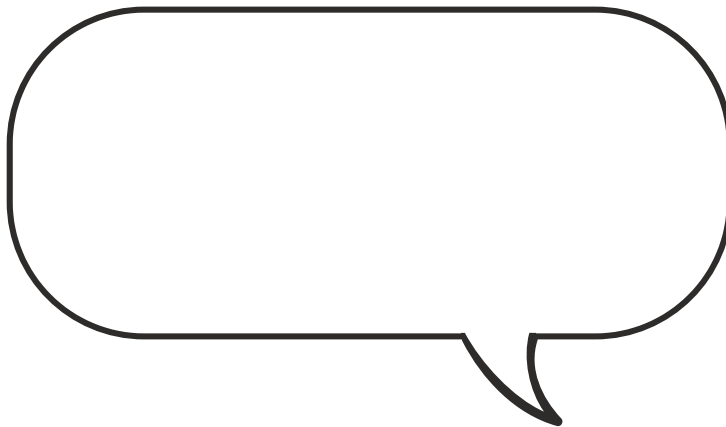
	
	
	
	
	

Name:

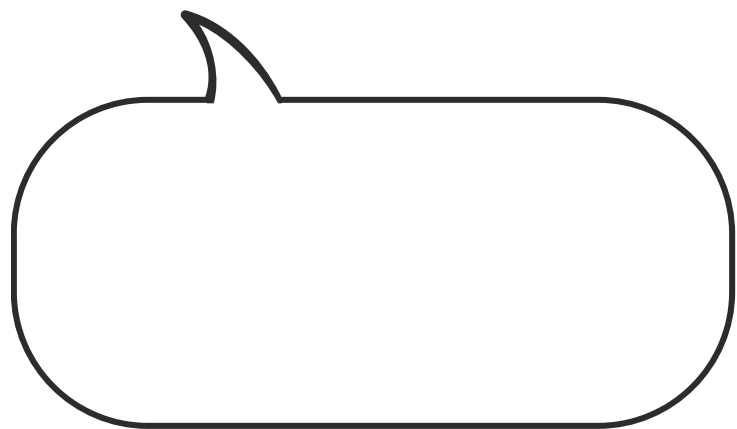


Describe how you are feeling

Beginning of lesson



Draw an emoji or write words to describe how you feel.



End of lesson



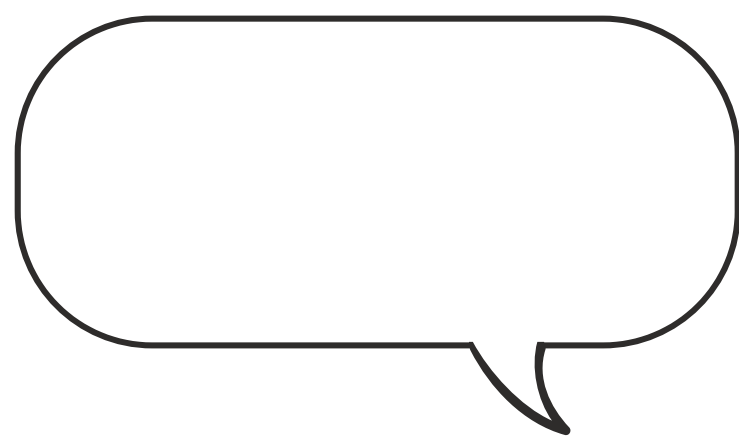
The ways that I can learn are...



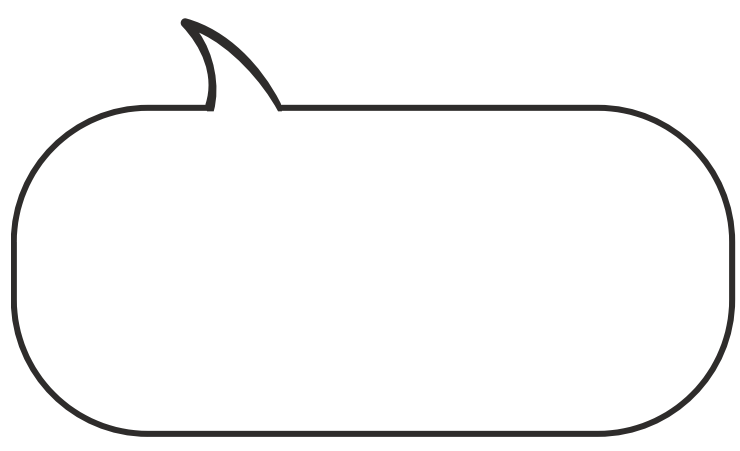
Describe how you are feeling



Beginning of lesson



Draw an emoji or write words to describe how you feel.

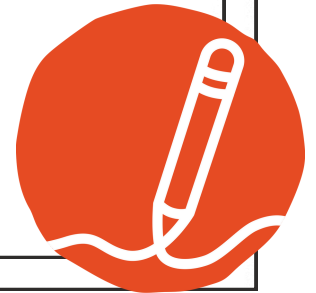


End of lesson

The ways that I can give are...

Random Acts of Kindness

RAK I would like to try at school



RAK I would like to try at home



RAK I would like to try in the community

