

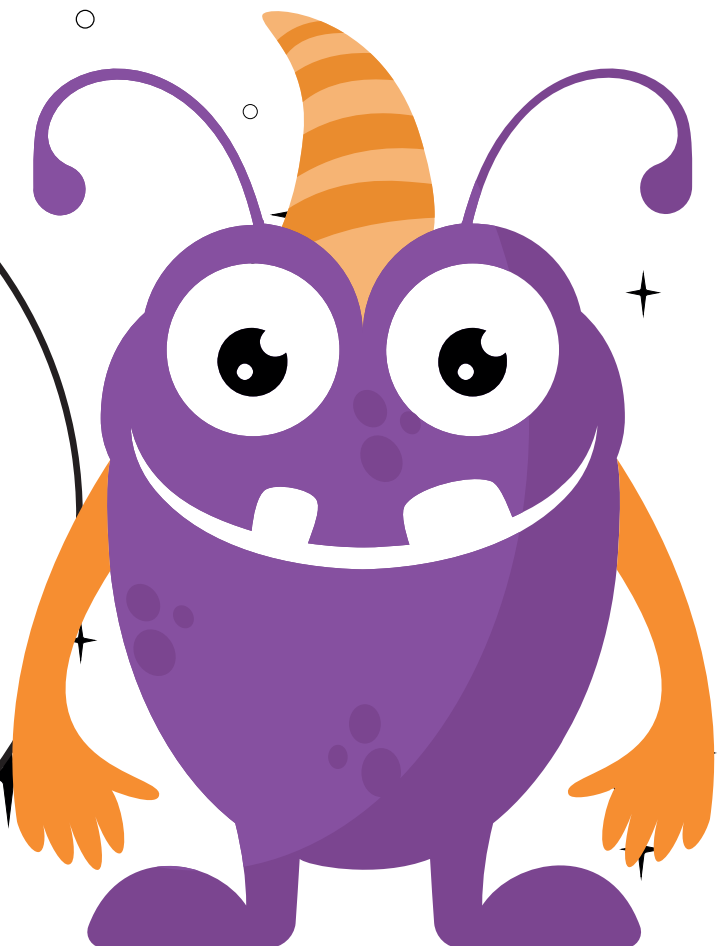
BE PROUD OF YOURSELF!

#WellbeingWednesday

TWO THINGS I AM PROUD I CAN DO:

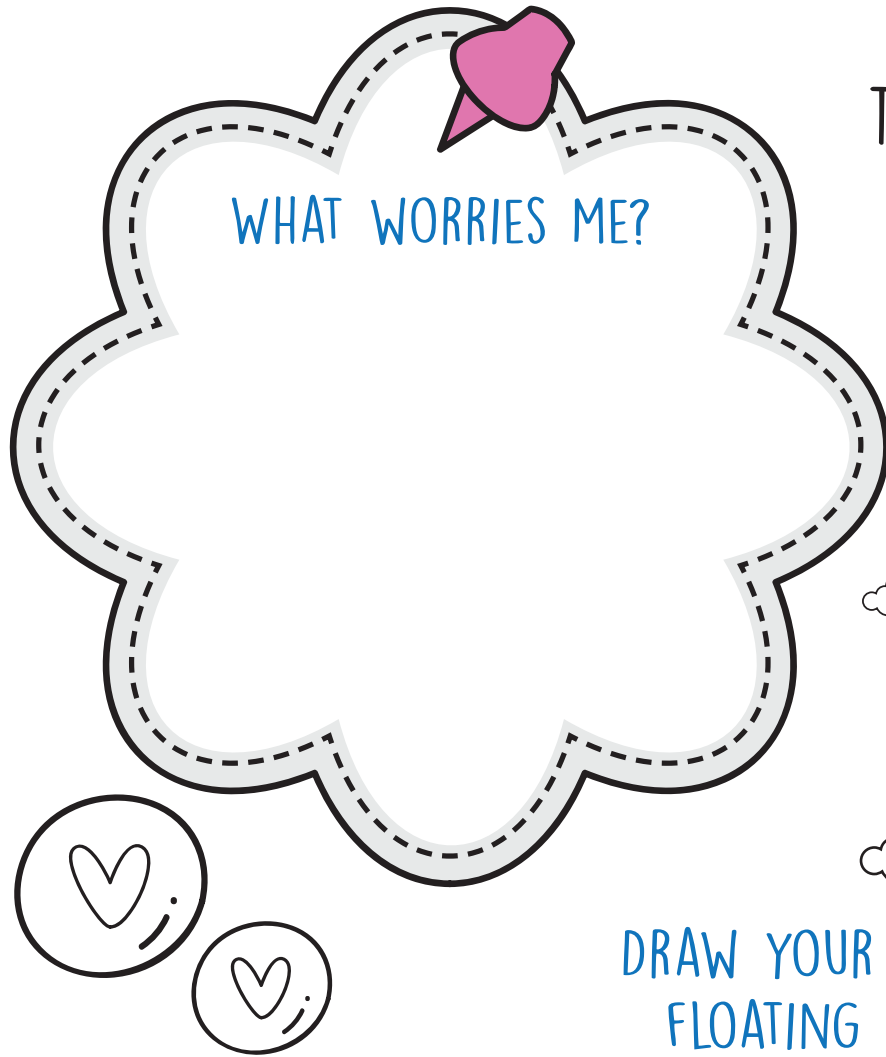


THIS IS ME!

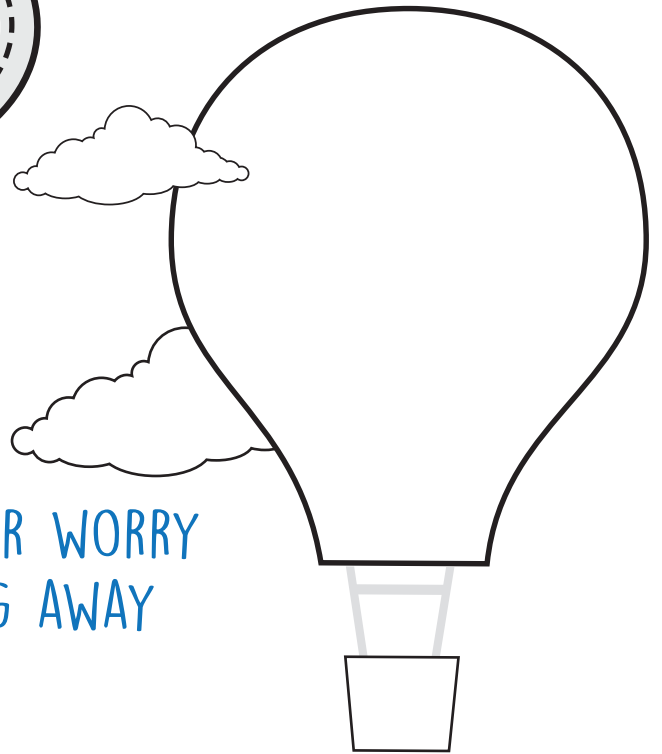


DON'T WORRY ABOUT IT!

#WellbeingWednesday

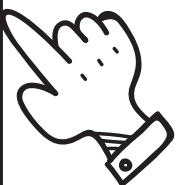
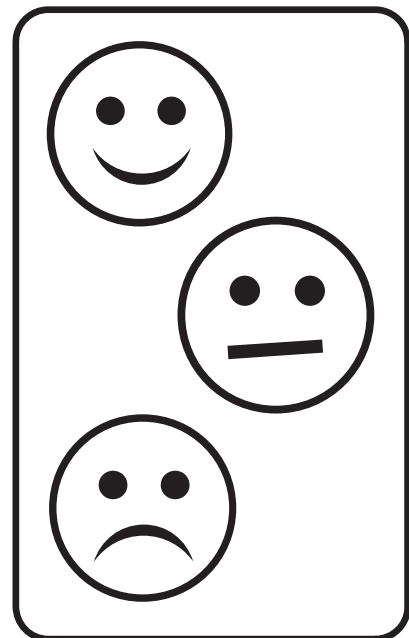
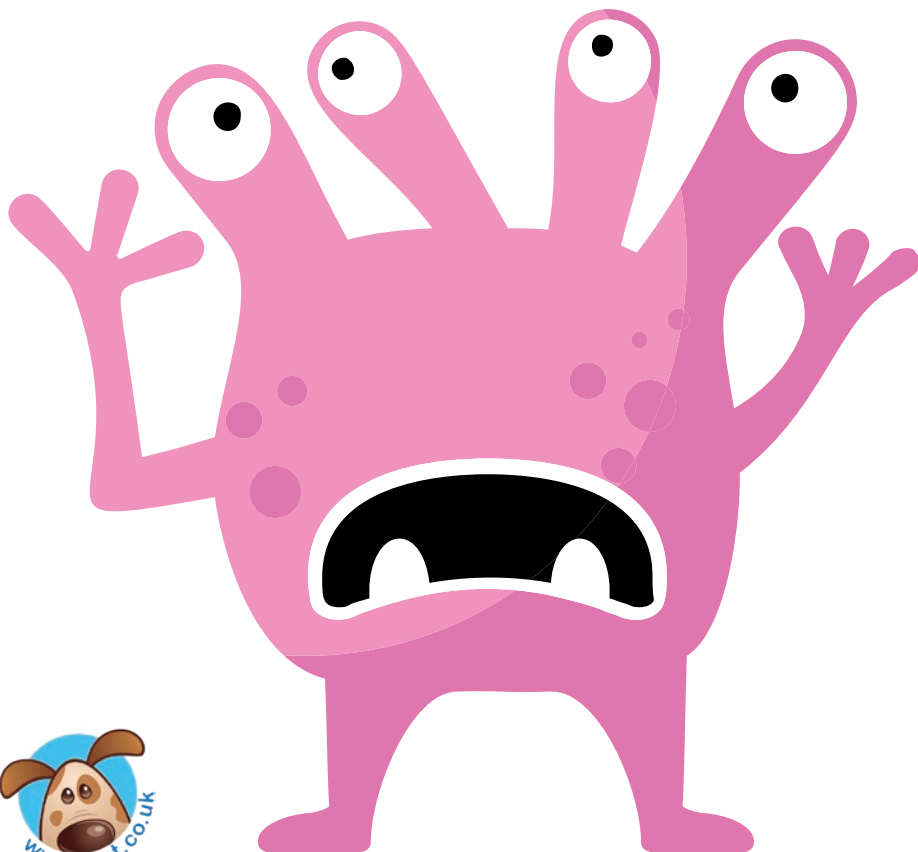


TALKING TO OTHERS
CAN HELP WITH
YOUR WORRIES



DRAW YOUR WORRY
FLOATING AWAY

HOW DO I FEEL TODAY?



★ TAKE TIME TO BREATHE!

THINGS I CAN CONTROL...



THINGS I CAN'T CONTROL...



INHALE

EXHALE

I CAN CONTROL
HOW I TREAT
OTHERS

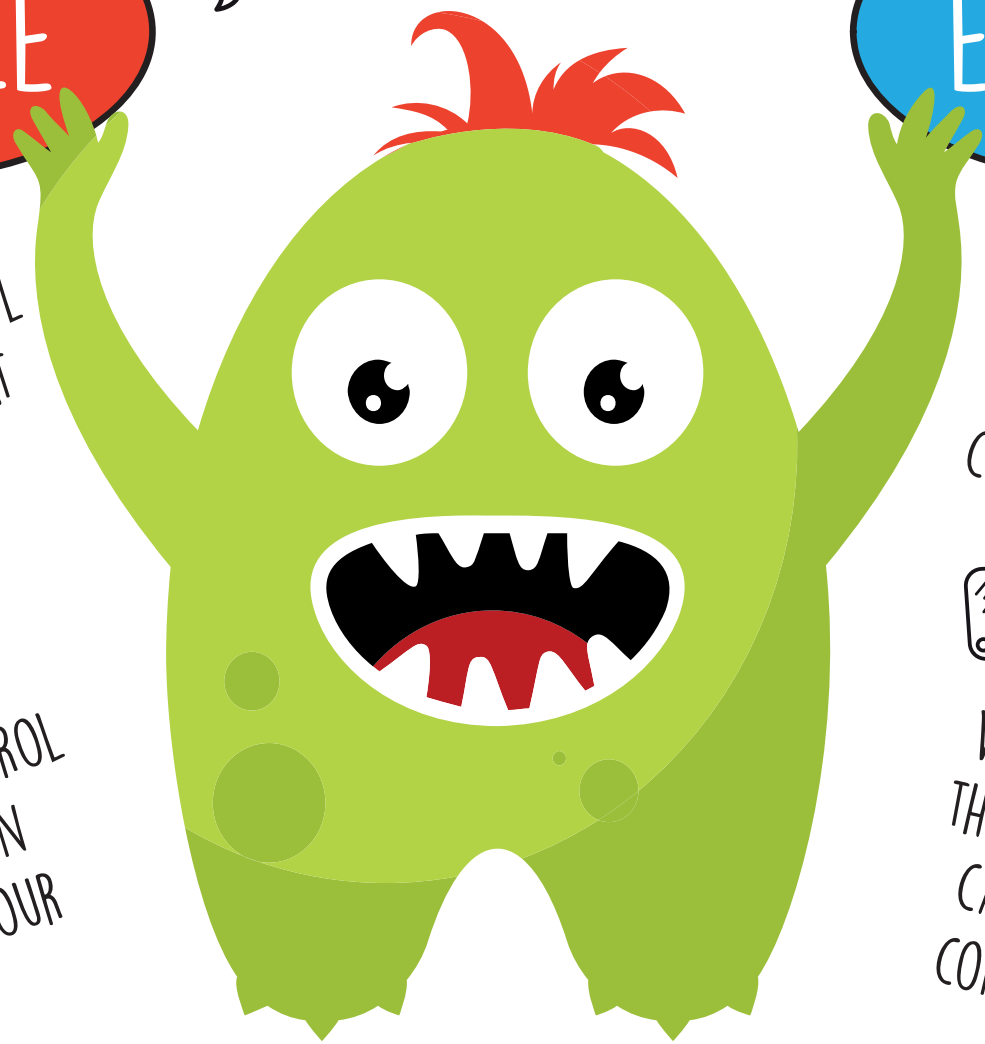


I CAN CONTROL
MY OWN
BEHAVIOUR

THE WEATHER
CANNOT BE
CONTROLLED



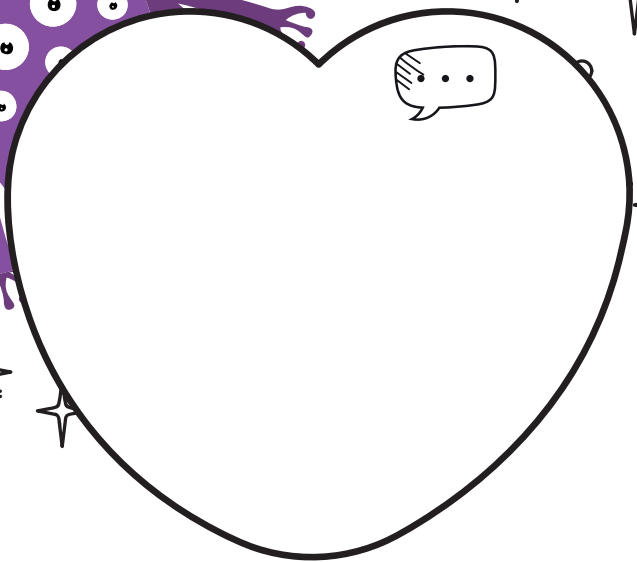
WHAT OTHERS
THINK OF YOU
CANNOT BE
CONTROLLED



NOBODY IS PERFECT!

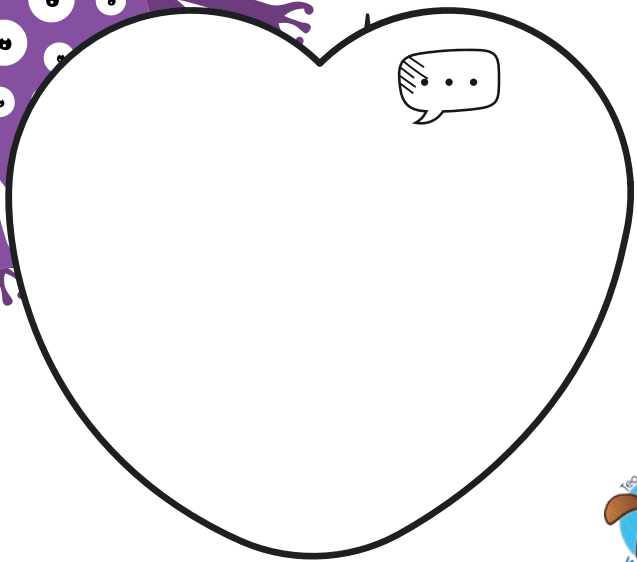
○ #WellbeingWednesday

INSTEAD OF SAYING
I CAN'T DO THIS,
I WILL SAY..



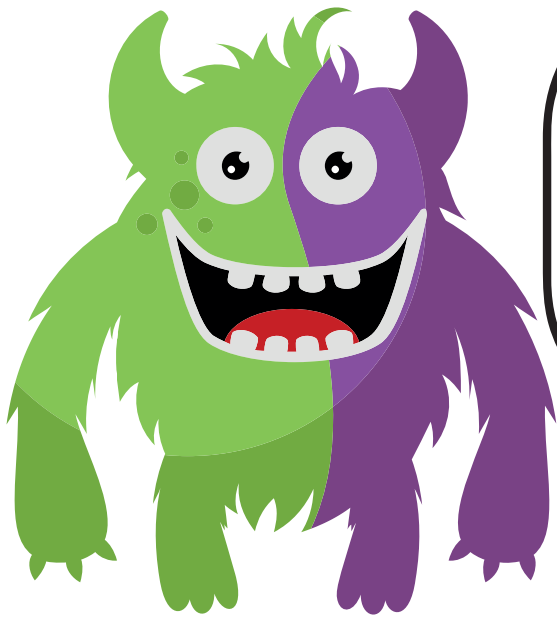
INSTEAD OF SAYING
NO I'M BUSY!
I WILL SAY...

INSTEAD OF SAYING
I DON'T KNOW,
I WILL SAY...



WE ALL NEED A FRIEND

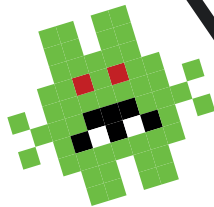
#WellbeingWednesday



FRIENDS ARE IMPORTANT BECAUSE...



MY FRIENDS
ARE GREAT!



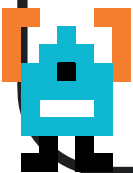
WE CAN BE A GOOD FRIEND BY...



STAR QUALITIES
OF A GOOD
FRIEND



SOMETIMES ALL IT
TAKES TO MAKE
A NEW FRIEND IS
A SIMPLE
HELLO!

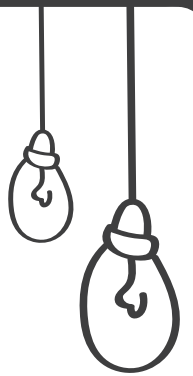
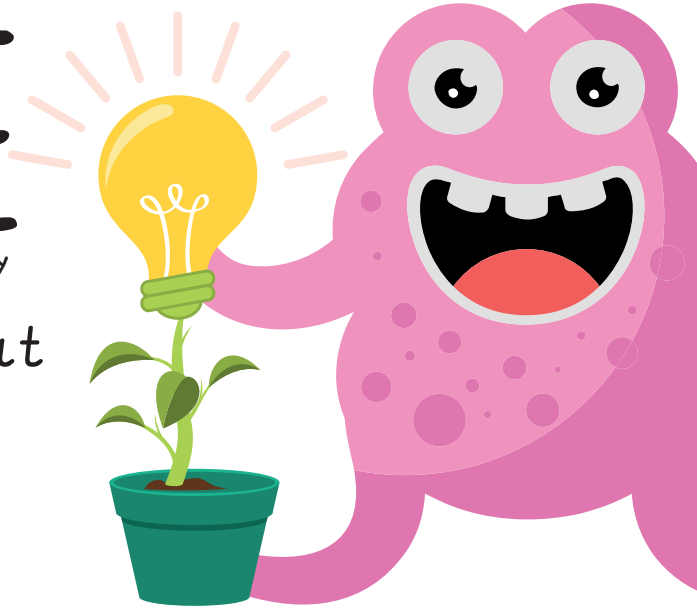


BE CREATIVE

#WellbeingWednesday

Create an invention that everybody would love!

MY INVENTION IS...



FOCUS YOUR MIND

#WellbeingWednesday

FOCUS ON YOUR SURROUNDINGS BY USING YOUR SENSES



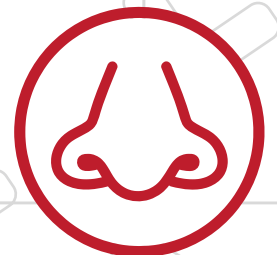
WHAT DO YOU SEE?



WHAT CAN YOU HEAR?



WHAT CAN YOU TOUCH?



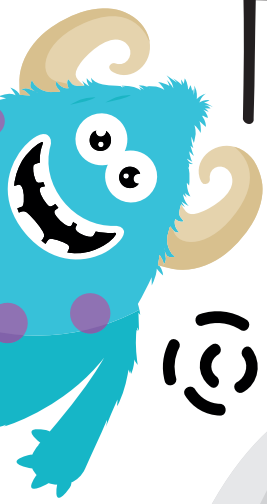
WHAT CAN YOU SMELL?

USE THIS TECHNIQUE
WHENEVER YOU NEED
TO TAKE A MOMENT
TO CALM DOWN



THOUGHTS AREN'T FACTS!

#WellbeingWednesday



WHAT DOES YOUR BRAIN CONTAIN?

WRITE YOUR EMOTIONS OR FEELINGS

HAPPY
BRAIN

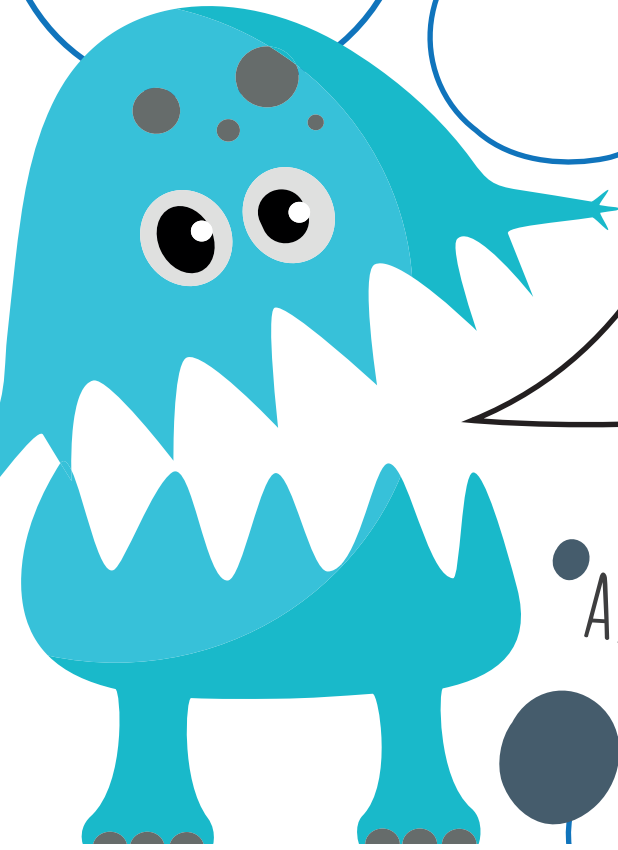
ANXIOUS
BRAIN

WHAT COLOURS WOULD THE TWO DIFFERENT BRAINS BE?

HAVE A WHALE OF A TIME

#WellbeingWednesday

CAN YOU LIST
ACTIVITIES IN THE BUBBLES,
THAT MIGHT RELAX YOU?



DRAW YOUR FAVOURITE ACTIVITY IN HERE!

AAAAAH OOOOHH

EEEEAAH OOOOHH

RIDE YOUR ROLLERCOASTER

#WellbeingWednesday

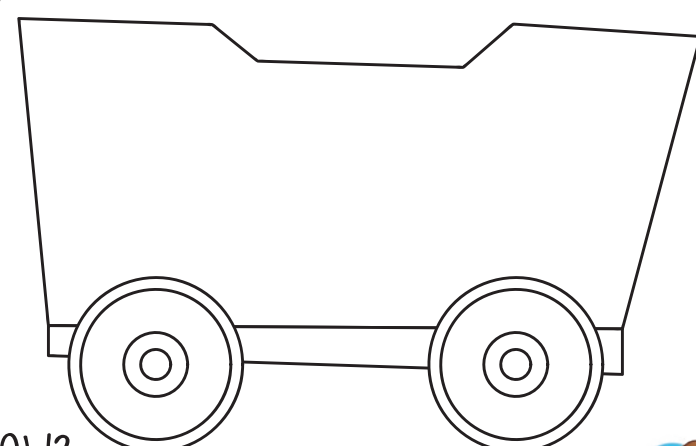
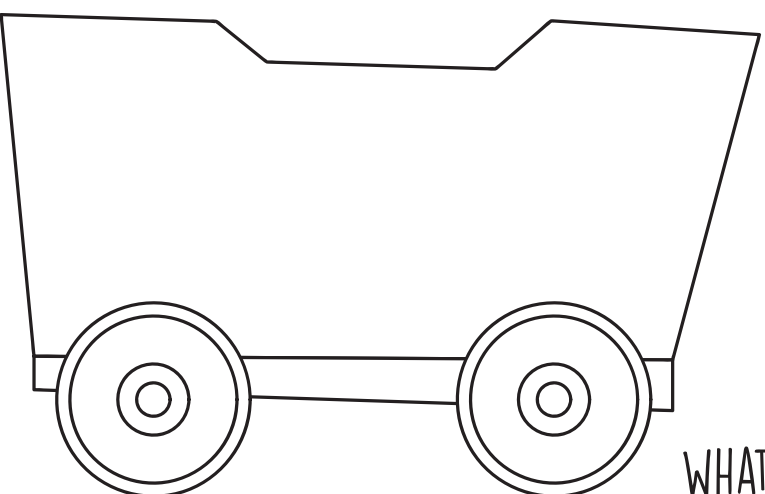
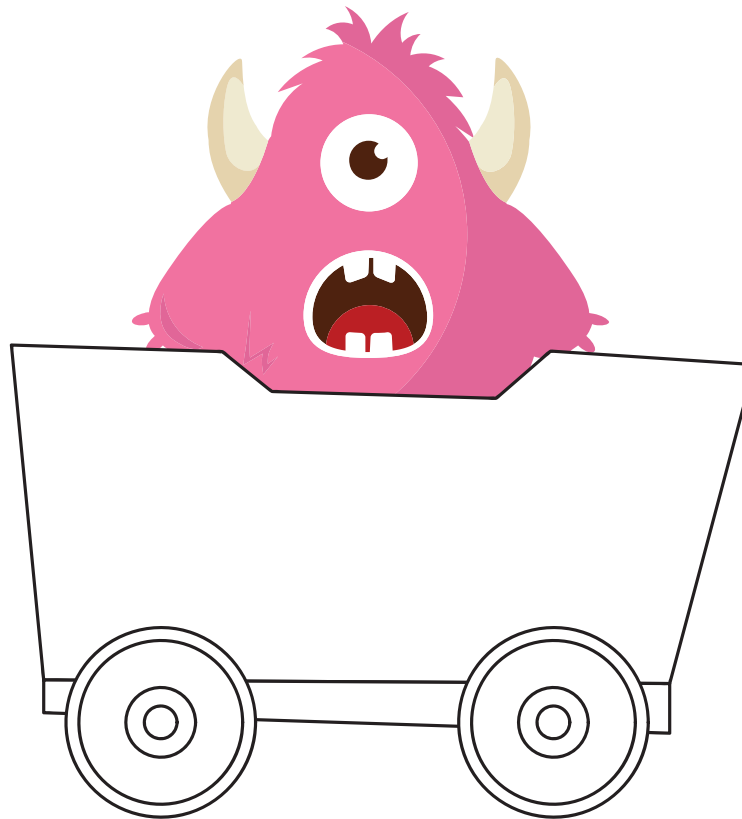


HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START TO FEEL ANXIOUS?

HOW DO YOU FEEL AFTER BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?