



Session 15

RECAP

So far we have learnt...

- ★ The importance of mindset
- ★ That we can improve our happiness by our actions
- ★ To plan realistic goals



There are posters about the 5 ways to well-being all over the school. Who can remember any of the suggestions for actions from the posters?



HEALTHY SCHOOLS CHALLENGE:

Your forms challenge this week is designed to help you implement the 5 ways to well-being as a team.

You have different options of how to complete the task, but you will need to hand in your images with your healthy schools challenge form.

There will be a prize for the most creative (or the most cheerful) form, so make sure Mrs Ferguson and Mrs Cole get to see the work...

The task...

Use either the members of your form to model each letter of the alphabet.

OR

Go on a hunt around school to find each of the letters and take a picture.

Create a collage of the letters to submit for a chance to win the prize.

EXAMPLES:



ALPHABET

Aa Bb Cc Dd Ee Ff
Gg Hh Ii Jj Kk Ll
Mm Nn Oo Pp Qq Rr
Ss Tt Uu Vv Ww
Xx Yy Zz



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

How does this challenge help you to carry out the 5 ways to well-being as a form this week?