



Headstrong -

Week 10

2020/21

<https://www.youtube.com/watch?v=OjoHoxsash4>



Which one are you?



1/2 FULL?



1/2 EMPTY?

THE PERFECT FRIEND



Snoopy has shared what makes a perfect friend for him, what qualities do you look for in a friend?

Talk together as a form and decide what you would hope to see in a friend.

What kind of qualities do you need to be a good friend yourself?



**Be a
realistic optimist**

See life as it is,
but focus on
what's good

In relation to friendship, this means recognising that you won't necessarily be best friends with everyone, but everyone does have qualities that might make them a positive person to be around.

Focus on the good rather than dwelling on the difficult. Find your 'tribe' and enjoy time with them.


HEALTHY SCHOOLS

CHALLENGE:

1. Write a note to a friend (or someone you haven't chatted to for a while) to send them a positive message - this can be a paper note, an email or even a message online.
2. Choose a person to do a random act of kindness to this week. It is entirely up to you what your act is and who you choose. Think about what that person really needs, is it a chat, is it someone to listen to, is it help at home? You can choose!
3. Can you change your mindset this week to be more glass half full about something? What are the positives this week?



"THERE IS NOTHING
BETTER THAN A FRIEND,
UNLESS IT IS A FRIEND
WITH CHOCOLATE."

The background of the quote features a gradient from dark grey at the top to a bright orange and yellow sunset at the bottom. Silhouettes of several people in various active poses, such as running and jumping, are positioned behind the text 'WITH CHOCOLATE'.

Linda Grayson