

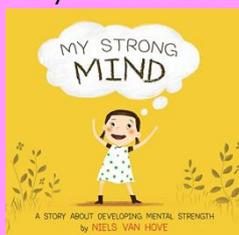
Forest Lodge Academy

Weekly Wellbeing Challenge Week 7

We hope you enjoyed last week's challenge about our character muscles. This week we will continue to focus on character and connections. We have set six tasks below for you to have a go at. You don't need to do them all just try as many as you like.

Super Strong Mind

Read the story 'My Strong Mind' by Neils Van Hove. Think about what makes your mind strong and what you would like to work on.



https://www.youtube.com/watch?v=hOI_oPyD6LrE

Character

Take a moment to think about:

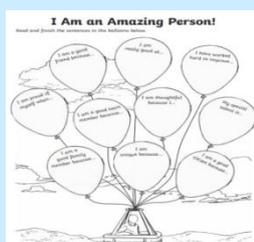
- What you are good at
- What makes you unique
- What makes you special

Write down 5 things you like about yourself. This can be anything about you-the way you look, your character, your sense of humour, how you treat other people, how you respond to different situations. Remind yourself that no one is the same as you. You are special.



Amazing You!

Use the sheet below to think about all the things that make you amazing. Remember how proud we all are of you.



Friendship

During lockdown it has been difficult to connect with our friends. Think about what makes you a good friend. If you can, share your ideas with your friend and ask them to do the same back. You can add to each others lists!



Family Fun

Connecting with your family can help you feel better about yourself. Write a list of all the people in your family and draw a funny cartoon picture of them. Can you use one word to describe them? Write this next to the picture. Ask your family to do the same. Look at the pictures and think about what you have in common.



Game On

Playing games with other people helps connect us. You can play games with your family or on-line games with friends. REMEMBER to follow e-safety rules-these are on our web site if you are unsure, tell your grown up what you are doing and **never** talk to strangers or share personal information on line.

