# STRENGTHS AND EMOTIONS

FEELINGS, THOUGHTS AND ACTIONS

My Wellbeing Goal: to boost my Strengths and Emotions by understanding how my feelings affect my thoughts and actions.

Your natural feelings are created by part of your brain called the amgydala. The part of your brain called the prefrontal cortex is the good decision-making part of your brain which controls the strength of your feelings.
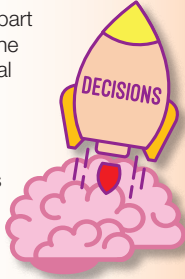
When you see something, your eyes send a message directly to your amgydala, which immediately creates either positive or negative feelings. Your prefrontal cortex also receives the message, but doesn't process it as quickly.

Which means your feelings can control your thoughts and actions. Before saying or doing anything, STOP, and take some deep breaths to enable your prefrontal cortex to catch up to control your feelings.

Describe a time your feelings controlled your thoughts and actions.

....

....

> Website: Thinking Traps, Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to control my feelings, thoughts and actions?

1. ....
2. ....

MINDFULNESS ACTIVITY

Friends' Strengths – look at the 24 VIA character strengths and think about the top strengths you would like your friends to have and why. Who are five people you know who could have these strengths? They could be good friends.

RESILIENCE BUILDER

The feelings you have about what is happening to you and around you are called emotions. Describe three emotions you have felt recently and the body language you showed for each of them.

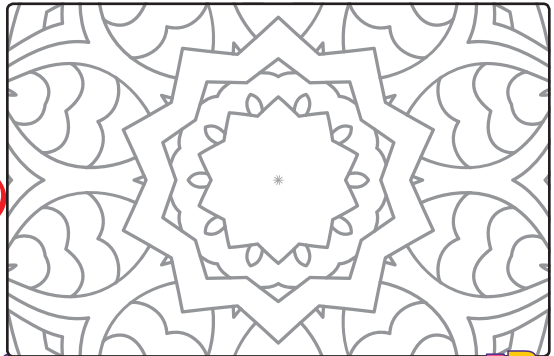## WHAT WENT WELL THIS WEEK AND WHY?

1. ....
2. ....
3. ....

BOOKS READ THIS WEEK

TITLE	PAGES

MINDFUL COLOURING

VOCABULARY BUILDER

police	black	being	Earth
think	white	been	Jupiter
thing	every	Mars	Saturn
looked	always	Venus	Uranus

NUMBER SKILLS

The next three numbers 1, 3, 6, 10,	___,___,___
½ of 28	_____
1000g = ? kg	_____
3 decades = ? years	_____
3 x 7	_____
Do a table grid from the website	

WELLBEING TIP

Aim to read about a happy and successful person each month.