



# Wellbeing Builder Reflection – PRIMARY

## WELLBEING BUILDER – FEELINGS, THOUGHTS AND ACTIONS

**Growth Mindset** – What are two new things you learned from this week’s Wellbeing Builder that you could use to build your **STRENGTHS AND EMOTIONS**?

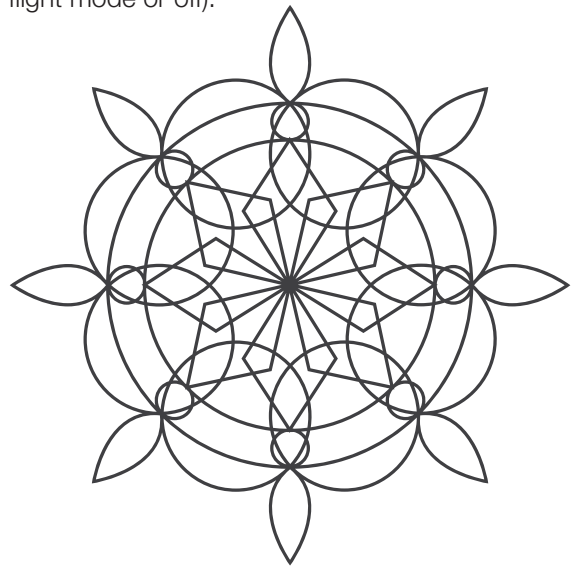
1.

2.

**Resilience Builder** – What resilience skills (see p.48 of the planner) would you need to use for this week’s resilience builder?

What feelings did you have while discussing it?

**Mindful Colouring** – enjoy time just being you (device on flight mode or off).



**Wellbeing Tip** – Aim to read about a happy and successful person each month. How do you think this tip could build your wellbeing?

**Connecting With Me** – What are times you have shown good teamwork?

**Strengths Spotting** – SELF-REGULATION. Describe a time you used this strength well.

What feelings did you feel when using it?

**Mindfulness Activity** – FRIENDS’ STRENGTHS. What were you feeling while doing the activity? Was it enjoyable?

**What Went Well This Week?** – What are three good things that happened that you were grateful for?

1.

2.

3.