



Wellbeing Builder Reflection – MIDDLE

WELLBEING BUILDER – IN CHARGE OF YOUR FEELINGS

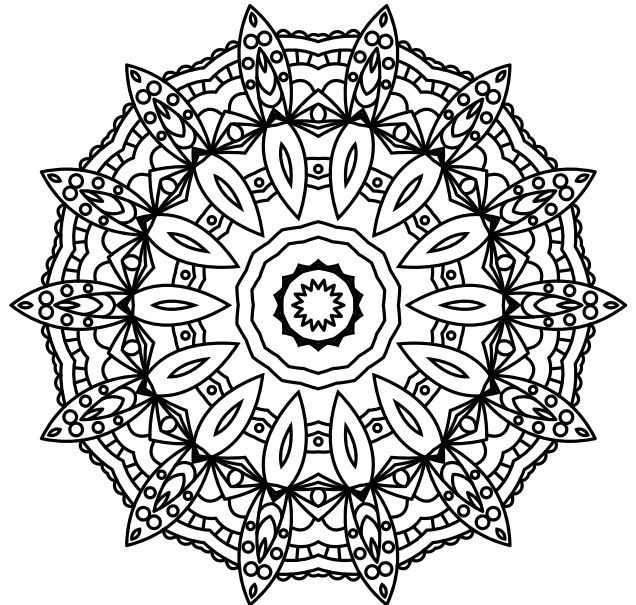
Growth Mindset – What are two new things you learned from this week’s Wellbeing Builder that you could use to build your **STRENGTHS AND EMOTIONS**?

1.

2.

Mind and Heart Calmers – What kind things have I done for other people this week or they have done for me?

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



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

Who is someone you have seen use this strength well and what did they do?

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

What thoughts did you have about this week’s Resilience Builder?

Wise Words – “By constant self-discipline and self-control you can develop greatness of character.” Grenville Kleiser
Describe what it means to you in your own words.

What is a character strength and an emotion it could be about?

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

1.

2.

3.