



## Wellbeing Builder Reflection – SENIOR

### WELLBEING BUILDER – FAST AND SLOW TRACK RESPONSES

**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.

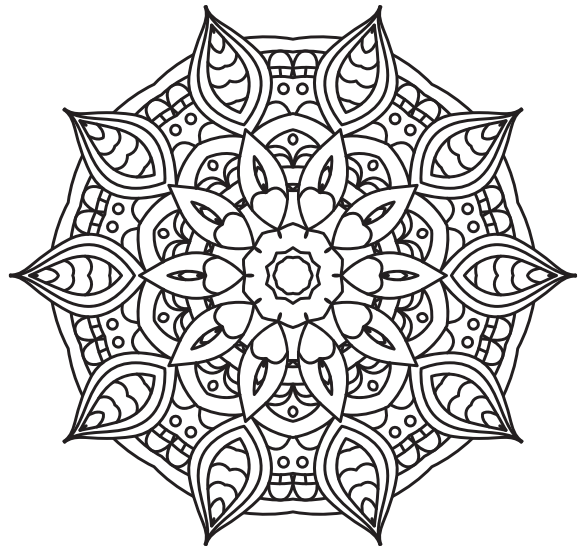
**Three for Me** – What are three good things I’ve achieved in my life?

1.
2.
3.

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

What could you do to develop these resilience skills in yourself?

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



**Learning to Flourish** – The best way to build your wellbeing is through doing and saying good to make a positive difference to others’ lives; doing good to feel good. Describe three times you have done this and the emotions you felt.

**Strengths in Action** – SELF-REGULATION

Strengths often work together as a family. What are two other strengths which could work well with this week’s strength and why do you think that?

Describe a time you used this strength well and what actions you took.

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

1.
2.
3.