

Wellbeing Task 5

Events that happen in our lives can leave us feeling stressed, overwhelmed, anxious or confused. It is important to look after our wellbeing, particularly in times that give us these feelings. There are many things we can do to look after our wellbeing such as- being grateful, expecting good things to happen, setting new goals, being mindful, helping others, and being kind.

This week's focus is on **resilience**. Resilience means knowing how to cope when we experience setbacks, or when things go wrong. Having resilience is important, as it enables us to maintain balance in our lives when we are experiencing stressful and difficult situations.

Day 1	Think of a time when something didn't go the way you wanted it to. Explain how you felt at the time, what you learnt from the experience, and how you feel about the experience now.	For this task you will need a pen and paper.
Day 2	List 5 skills that a resilient person might show How many of these skills do you have? When have you shown them?	For this task you will need a pen and paper
Day 3	Think of something that you would like to improve on. This could be a subject, a skill, a sport etc. Ask yourself why you would like to improve on this. Why is it important to you? What steps could you take to make sure that you improve?	For this task you will need a pen and paper
Day 4	Think of an activity that you can do when you get stressed- for example, read, colour, make something etc. Put this idea on a sticky note or poster and put it somewhere you can see it. Read it when you feel stressed and complete your activity.	For this task you will need a sticky note or paper and a pen.
Day 5	Design a poster with a positive quote and put it somewhere in your home where everyone can see it.	For this task you will need paper, pens and a good imagination!