

# Forest Lodge Academy

## Weekly Wellbeing Challenge Week 6

We hope you enjoyed last week's challenge about creativity...remember to send your teacher photographs of what you have made to put on our wow work board. This week we are focusing on our character muscles! We have learned a lot about our character muscles in school so here's an opportunity to remind yourself of them and tell your families all about them. We have set six tasks below for you to have a go at. You don't need to do them all just try as many as you like.

### Kindness

It can be tricky sharing the same space with other people especially during lockdown. This week try to carry out one act of kindness for another person. This has been proven to help you feel better!

It can be doing the washing up, putting the washing out, giving your sister a piece of your chocolate or saying a kind word to your brother.



### Resilience

It can be very tricky carrying out your school work at home every week. We are very proud of the resilience you have shown. So this week reward yourself after carrying out your work. This can be by watching your favourite TV show, listening to a song you like or doing something that makes you feel happy.



### Communicating

Communicating is very important. If you have not spoken to your teacher be brave this week and have a conversation with them when they phone, they really enjoy talking to you! If you haven't emailed them send a quick email saying hello.



### Reflecting

Use this time away from school to reflect on:

- What you are good at.
- What makes you special.
- What you enjoy about school.
- What you could achieve today.
- A wish for tomorrow.



### Humour

Laughing sends special happy signals to your brain and makes you feel good. Watch a movie or TV show that makes you laugh. Pull a silly face in the mirror. Tell your family a joke or read a funny story.



### Optimism

It is difficult at the moment to think of all the amazing things that might happen in the future. But this time will be over and then we will have lots to look forward to. Write down all the things you are looking forward to doing at home, with your family, with your friends and at school. You can share this with your teachers when they phone.

