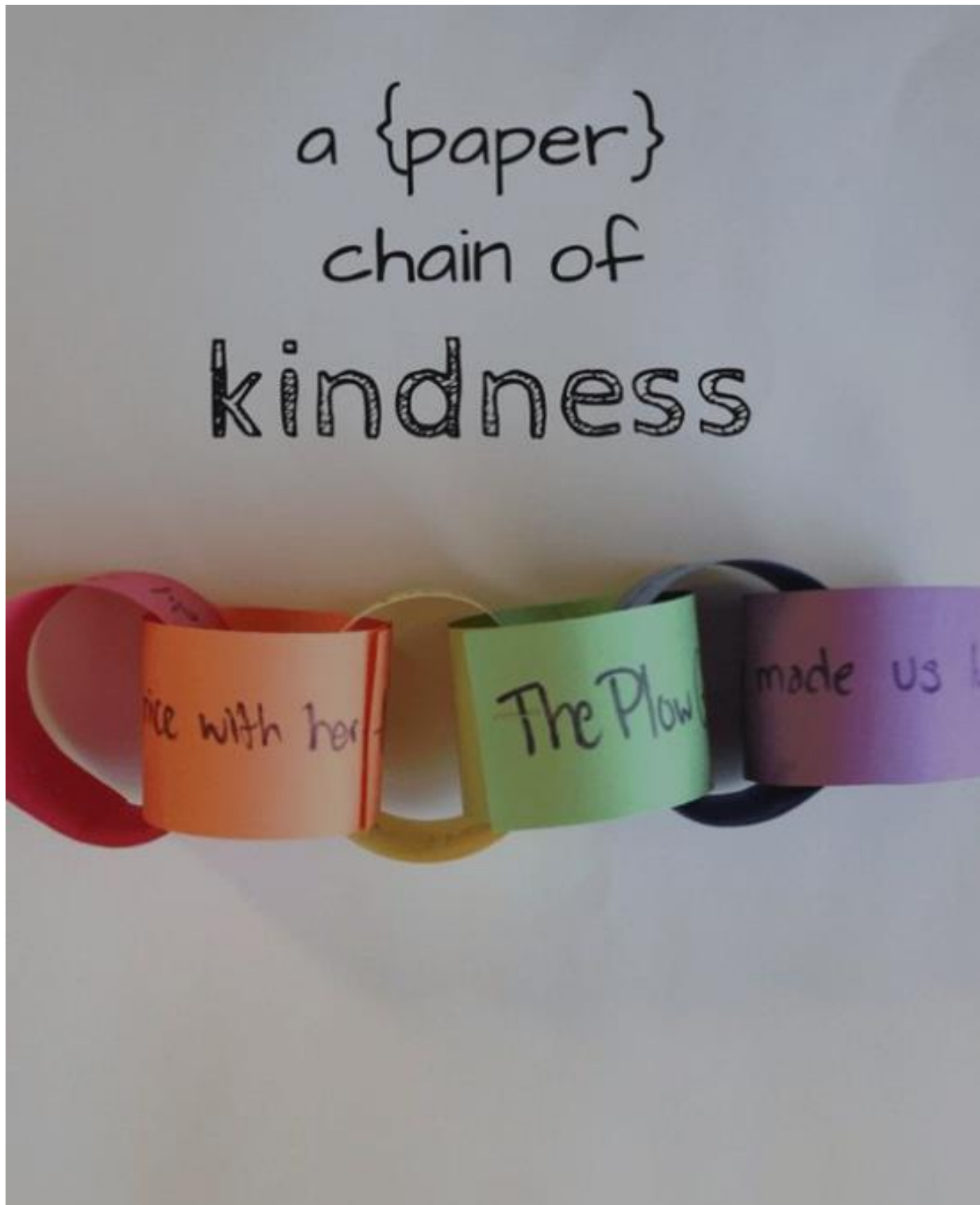


Well-being Wednesday

Use different strips of coloured paper to create a paper chain of kindness. Write on each strip times when you were kind or when others were kind to you.



Well-being Acrostic Poem

MY WELL-BEING ACROSTIC

Think about what well-being means to you – remember that we are talking about physical, mental and spiritual well-being.



My Well-Being Acrostic Poem by _____

W _____

E _____

L _____

L _____

B _____

E _____

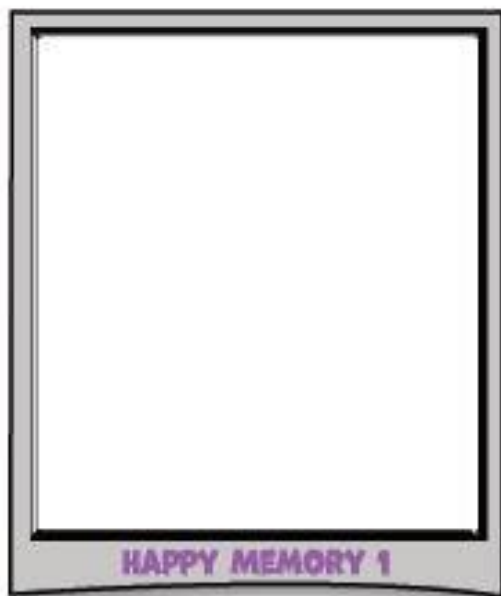
I _____

N _____

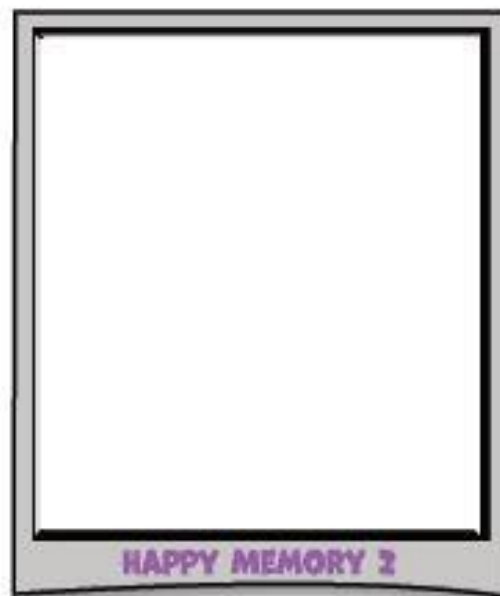
G _____

HAPPY MEMORY SNAPSHOTS!

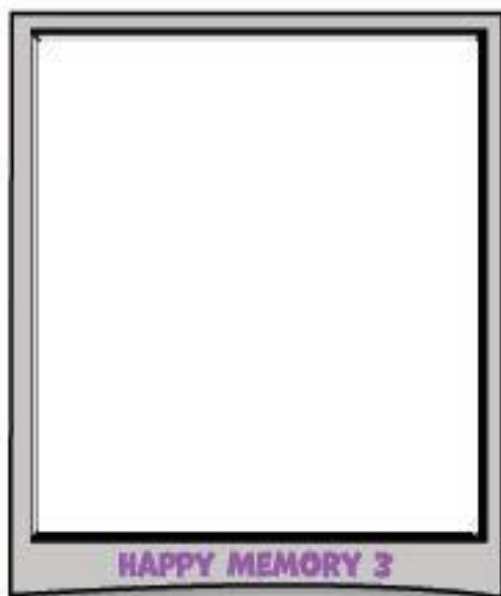
We can help ourselves to feel good by remembering many of the happy times in our lives! Think about four of your happiest times and draw a picture of them here. Write a sentence about each one too if you can. They are sure to make you smile and don't forget to talk about them with your family too!



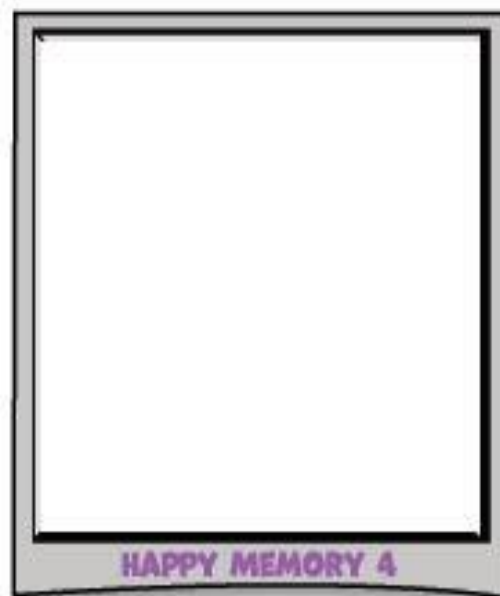
HAPPY MEMORY 1



HAPPY MEMORY 2



HAPPY MEMORY 3



HAPPY MEMORY 4

