

WELL BEING WEDNESDAY  
WEEK TWO

WELLBEING  
WEDNESDAYS

You do not need to print anything out.

All you need is some paper, pencil, crayons or felt tips, or even paint! You will also need a container with a lid, such as a jam jar, or an empty tub.

FIRST OF ALL WATCH OUR ASSEMBLY POWERPOINT.

You will see that our theme is

# RESILIENCE.

Which means, NEVER GIVING UP!

When you feel sad and the going gets tough, it helps if you get some encouragement from someone. Saying something kind to someone can keep them going and build up their resilience. So today I want you to build a RESILIENCE JAR which can be used by anyone who needs some support.



Cut up some strips of paper and on each one write something to encourage someone and make them feel better. For example, 'YOU ARE AMAZING,' or 'YOU CAN DO IT,' or 'GIVE YOURSELF A HUG.' Put them in the jar, maybe put a label on it, and then when anyone in your house is feeling sad they can go to the jar and pull out one of your comments which will make them feel better!

You could also get a piece of paper  
and draw, paint or colour your own  
**CAPTAIN**  
**RESILIENCE** character!



Don't forget to send them to me so that I can put them on  
our newsletter. Or even better, dress up as **CAPTAIN**  
**RESILIENCE**! Don't forget to take a photo! Have fun on  
Well Being Wednesday!