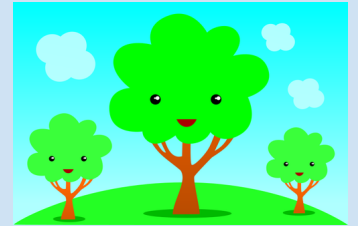


Well-being activities

1) Write about a time when you had to do something difficult and you got through it. Explore how you felt beforehand and how you overcame the challenge. Think about which character strengths you used to help you.



2) Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school.

Think about how these character strengths you all have can help you overcome challenges together.



3) Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day, spend some time dancing to music from your playlist. If you are able to, get together with

other people (e.g. at home, or friends via social media) and dance together to each other's playlists.

4) Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.



5) Watch a film, then talk with your family or friends about the strengths you spotted in the various characters in the film. Give examples of how they used those strengths.