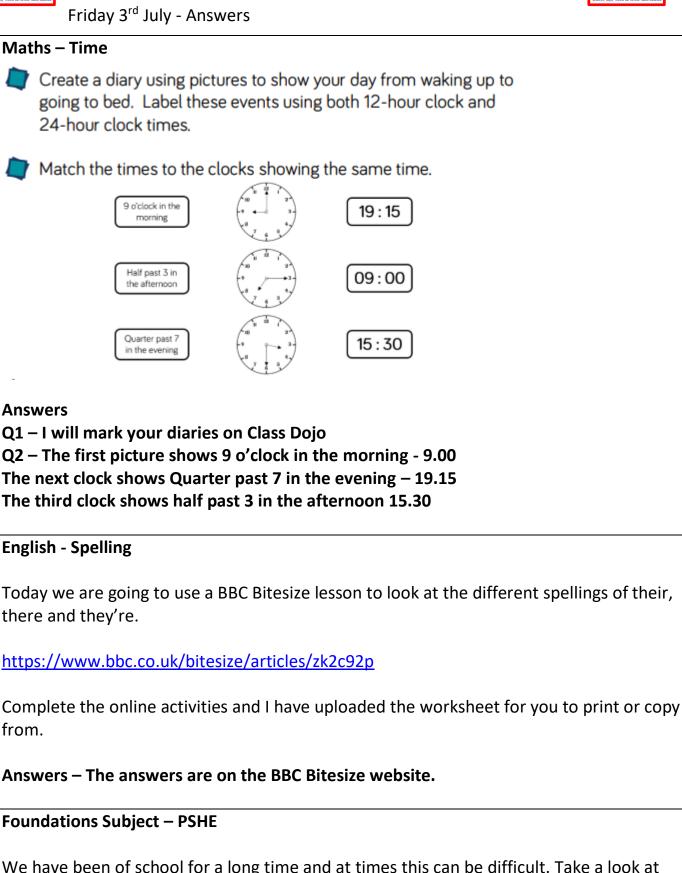


Working together to

SHINE



Successful, Happy, Inspired and Nurtured towards Excellence



We have been of school for a long time and at times this can be difficult. Take a look at the powerpoint about wellbeing and how to have a positive mindset. There is a pyramid activity which helps you think about your what is important to you and what is not so important. After you have completed this I would like you to think about how much time in a day you spend doing the 'most important' activities.

Answers – There are no right or wrong answers with this work. I hope you are all taking good care of yourselves and your families.