

Making Learning Real and Unforgettable.

Head Space.



Adult Zone!



Recommended read:
The Chimp Paradox, by Steve Peters

What have you achieved so far that you're proud of?

Write down all of the wonderful things you've done in your life. Your list might include specific achievements, experiences, places you've been, and people you've met.

This list will remind you of the proud moments, so that you are excited for the future.

The three components of happiness are; something to do, something to love, and something to look forward to.—Dr. Gordon Livingston.

Try Something New!

Visit your local farmers markets and pick out some fresh produce.

Farmers markets are full of delicious fresh fruit, veggies and more. Find your local market and



Hygge- The Danish Way to Live Well.

The days are getting longer and it's time to make the most of the countryside. Plan board games for rainy afternoons and your first BBQ of the season, ready for a sunny day!

Mini Mission!

Laughter is the secret weapon to happiness. Watch a funny movie, spend time with your children, find something that makes you laugh out loud. Never underestimate the power of a



Must Watch!

3 Top Tips To Boost Your Confidence!

https://www.youtube.com/watch?v=l_NYrWqUR40&t=1s

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Kids Zone!

- S**hare your problems with someone special.
- E**ducate yourself to make good choices.
- L**earn to respect yourself and others, too.
- F**ollow the advice of people you love.

- E**xpand your unique talents with practice.
- S**tay safe — stay away from gangs, alcohol, and other drugs.
- T**hink before you act — you can be a problem solver.
- E**arn the respect of your family by acting responsibly.
- E**veryone makes mistakes — don't stop trying.
- M**ake the best of who you are — your dreams will come true!



Hold this Power Pose for 2 Minutes!



What can I say to myself?

Instead of	Try thinking
I'm not good at this.	What am I missing?
I give up.	I'm on the right track.
This is too hard.	I'll use some of the strategies we've learned.
I can't make this any better.	I can always improve so I'll keep trying.
I just can't do Maths.	I'm going to train my brain.
I made a mistake.	Mistakes help me to learn.
She's so smart. I will never be that smart.	I'm going to figure out how she does it so I can try it.
It's not good enough.	Is it really my best work?
Plan A didn't work.	Good thing the alphabet has more letters in it!



Recommended Read: Unstoppable Me! By Dr Wayne W. Dyer.