



CARE Lessons @ HOME

Week 1

Term 2 2020

Resilience

Check your mental Fitness with the help of the Black Dog Institute.

<https://www.biteback.org.au/Quiz/MentalFitnessQuiz>

Check In: Do you agree with the results? Why or Why not? Were you completely honest? Read the 'Improving your outlook on life' section.

Watch: Watch the inspirational story of Surf Coach Andy King,



re-discover his passion for the water after receiving his cochlear implant. Follow the link below:

<https://hearprint.com/> Andy King was a surfer, himself, before being the victim of an assault in 2004, losing his hearing in the process.

King's life was turned upside down after the incident, but he regained hope after a Cochlear implant that enabled him to hear again.

Think: What parts of Andy's story most stand out for you and why? Do you think he showed resilience? Explain that to someone else in the family or at home with you. What character strengths would he have as his top 4?

Can you think of someone you know and admire that is RESILIENT? What did they overcome?

'People will forget what you said, people may forget what you did, but they will never forget how you made them feel.'

Maya Angelou

Hope

Hope is the belief that you can overcome obstacles on your way to a bright future.

Click the link below to see how this Character Strength can help in tough times

[Read more »](#)

[Click to try a short meditation for the whole family](#)



Why not download the smiling mind app from the app store?



Try this old favourite at Home

Energy: Medium
Equipment: 1 or 2 balloons
Duration: 3 minutes

Challenge the students to simply keep a blown-up balloon in the air for as long as possible. They can use any body part, as long as the balloon does not touch the ground/carpet (and/or walls/ceiling).

By all means challenge the class with multiple balloons.

What would this look like if you had one balloon that the students could keep up in the air for an extended period of time, while the lesson continued?

[Why bother with GRATITUDE? Click to find out.](#)

Three Good Things That Happened This Week:

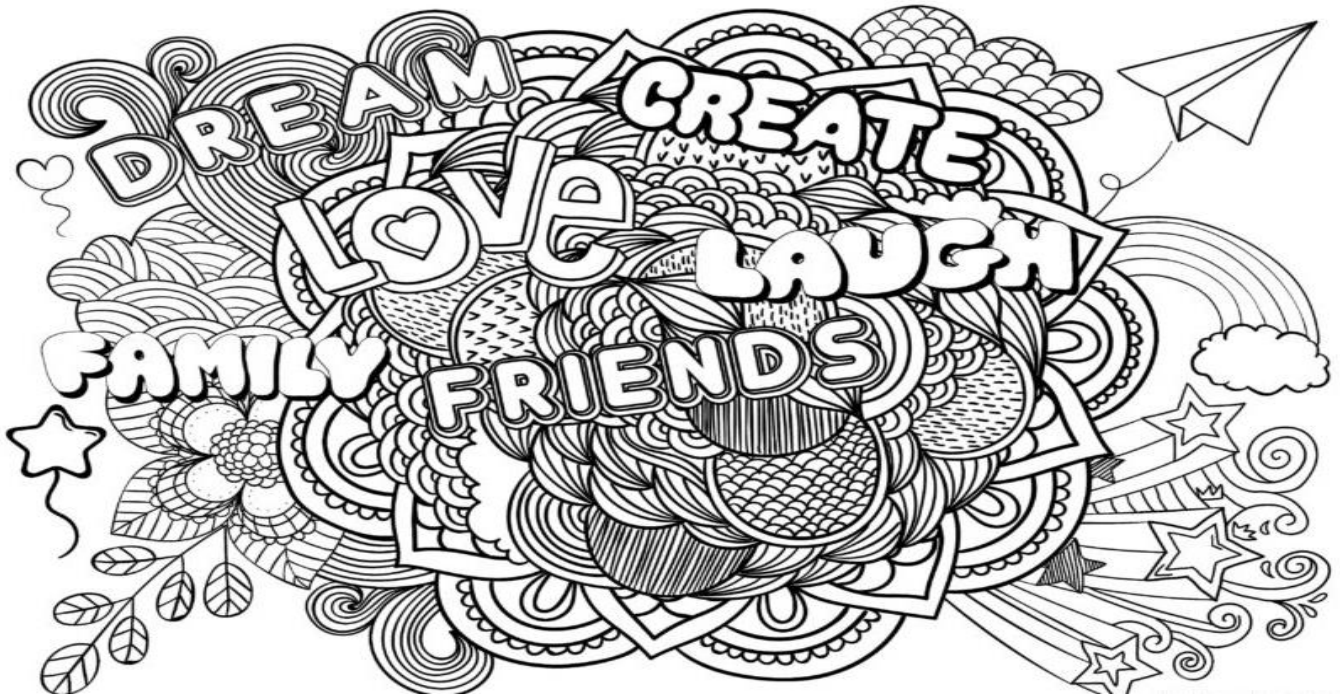
1.
2.
3.

Click to find out about how Mindfulness works

What is mindfulness?

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement.





Sleep Tracker

How many hours of sleep did you get?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



HABITS OF MIND

PERSISTING



- » lifting my *efforts* to achieve what you set out to do
- » seeing when something doesn't work and why
- » learning and trying other ways to overcome my challenges.

Describe a time I have continued persisting and why. Who has impressed me with his/her persistence and why?



[Click to download the recipe](#)

Mindful Baking Recipe

Cooking or baking with mindful awareness involves being present and engaged with what you are doing, rather than being half focused on other things as so many of us often are.

Ask one of your parents to describe a time in their life when they experienced a challenge. What was it like for them? How did they get through it?



Strength Spotting!

Watch your favourite movie BUT this time see if you can spot the character strengths your favourite character has.



HAVE A CONVERSATION