



# CARE Lessons @ HOME

Week 2 Term 2  
2020

## Mindful Colouring



## Gratitude

Gratitude is the positive feeling you get when you stop to notice and appreciate things in your life.

[Read More](#)

[Check out a gratitude idea for home. Just click the link.](#)



## Three Good Things That Happened This Week:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## What is Gratitude Meditation?



[Try this 10-minute appreciation and gratitude meditation](#)

It's easy to get caught up in current events and the negativity of the news cycle, but in fact those things often have little to do with who we are and how we experience the world on a day-to-day basis. A grateful meditation is not about becoming desensitized to suffering or social injustice, it's a way of bringing us back to a place of personal reflection.

**Go on hit the link and give it a try!**

## Introduction to Accomplishment

### 3 Hard Things

<https://www.unleashingpersonalpotential.com.au/week-2-20>



### Description of Personal Wellbeing Practice: Three Hard Things

When we feel like we have overcome hard things, this tends to build our self-confidence and experience of mastery. We are therefore, more likely to persevere toward cherished goals (Adams Miller, 2017).

Write down the following:

1. Record three hard things that you have done recently. (eg started at a new school; spoke to someone in my class that I didn't know; attempted a sport I've never tried before; asked a question in class when I didn't understand).
2. Explain what made each of them difficult.
3. Include how you did them and what strengths you used.

## Sleep Tracker

How many hours of sleep did you get?

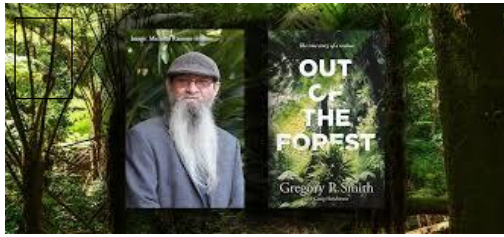


Sun Mon Tue Wed Thu Fri Sat

## Reflection: My Week



## Watch it! Australian Story

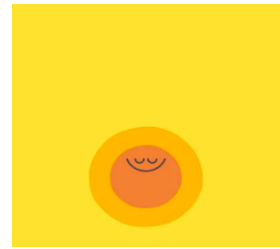


From a homeless alcoholic living in the wild to academic success, this is the next chapter in the inspiring comeback story of forest-dweller Gregory Smith. When he left school at 14, dogged by the crushing assessment from teachers that he was “functioning at the lower level of the dull range”, Gregory had already endured a violent upbringing and months in an orphanage. At 35, struggling with a lifetime of trauma, he opted to escape into the wild with no desire to return to the society that had failed him so dismally. In an incredible turnaround, he had an eventual personal restoration and emerged to gain an undergraduate degree and then a PhD at Southern Cross University. This powerful story explores how Gregory is using his voice to help others doing it rough.

[Click this text to hear his amazing story](#)

What part of Gregory’s story stood out for you? Why?

## Mindfulness Spot



[Click here to try a 5 minute meditation from Headspace](#)

Choosing to implement a 5-minute guided meditation into your daily routine is a great way to familiarize yourself with the simple act of sitting in stillness in the midst of your day-to-day responsibilities. Choosing to spend five minutes with your thought processes and breath can be as beneficial as choosing to go for a 5-minute walk, jog or sprint. In fact, meditation has been called a [push-up for the brain](#) because of its ability to improve cognitive control and strengthen the brain’s fibre connections.

[Make an Origami SHARK](#) [click the link to learn how](#)



## Thinking Tool

The Learning Curve™

### DEFINE, DESCRIBE, EXAMPLE, OPPOSITE

This thinking strategy is designed to help you slow your thinking down to be more structured and analytical in your approach to a topic.

- In the **Define** section state what the topic is about
- In the **Describe** section, describe the different parts that make the topic up
- In the **Example** section, give examples of or similarities to the topic
- In the **Opposite** section, give examples of things that are totally different; be creative

Watch: ‘Stuck on an Escalator’

<https://www.youtube.com/watch?v=Kq65aAYCHOW>

Fill in the bubbles to the right once you’ve watched the clip.

**Define**  
- What is this about?  
- Why did it happen?

**Describe**  
- Describe the different aspects  
- What does it look, sound and feel like?

**Topic**

**Example**  
- What are examples of this?  
- Are they similar and how are they?

**Opposite**  
- What are not examples of this?  
- How are they different?