



# CARE Lessons @ HOME

Week 3

Term 2 2020

## Watch it!

### POTENTIAL

[Watch this short film entitled 'Be a Mr Jensen'](#)



What is the message behind this clip? Why is what Mr Jensen did so unusual?

### Personality Quiz



Get the lowdown on your personality.



[Take the quiz](#)



What were your top 4 Character Strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

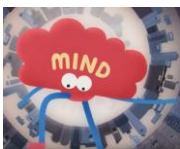
Can't remember? [Go to VIA Character Strengths site](#)

Haven't done it? [Take the Survey](#). Why not get your parents to do it and compare.



### Three Good Things That Happened This Week:

1.
2.
3.



**Mindful Moment** [Try this Body scan meditation before bed to help you sleep](#)

## Learn it!

### Let's look at GRATITUDE



How do you view the world? What lens do you see the things around you with? Do you almost always see the negative things?

#### WATCH the clip '365 Grateful' project (3:53)

How can you change the way you see things in your life? What would be the benefits? Are you using Gratitude as a way to see situations and events in your life at the moment?

Take a photo of something /someone you are grateful for #Grateful and share it.

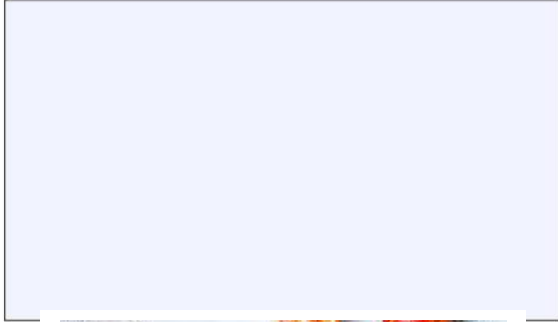
## Mindful Colouring



*"I am not what happened to me, I am what I choose to become."* Carl Jung

## PICTURES

How often do you walk past a picture every day and don't really take it in. Look at a picture for five minutes and count how many different colours there are and the shapes, shadings and emotions you see in it.



## Learn It!

### Physical Wellbeing

'Why Sleep is Critical for the Body and Brain | Science of Sleep' (14:11).

Why do people sometimes cut back on the amount of sleep they get?



\_\_\_\_\_

What are some of the potential consequences of doing this?

\_\_\_\_\_

\_\_\_\_\_

Which of the following facts are true?

- Losing a little bit of sleep each night isn't as bad as staying up for 24 hours straight.
- Exercising or studying just before you go to bed can have a negative impact on your sleep.
- Sleep is equally important as diet and exercise.
- Hitting your snooze button a few times for extra sleep is good for you.

Answers: F, T, T, F

*'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'*

— William Arthur Ward

## Sleep Tracker

How many hours of sleep did you get?



Sun Mon Tue Wed Thu Fri Sat

## Reflection: My Week



## Let's get Moving!

### Tik Tok Challenge



## Do You Remember...

### Kid President



A Pep Talk from Kid President to You - YouTube

**Did you ever wonder what happened to the Kid President?**

[Watch to find out](#)

What was Kid President's original message about?

\_\_\_\_\_

Why was Kid President so popular?

\_\_\_\_\_

\_\_\_\_\_