

Three good things that have happened this week:

1: _____

2: _____

3: _____

What's a challenge that you've faced this week?

How did you overcome it?

Physical Resilience Activity:

Stand up and take
3 steps on the spot

OR

Make your hands into fists &
hold them above your head
for 5 seconds

What physical activity are you going to do for yourself this week?

Tick it off when you've done it each day!

Mon

Tues

Weds

Thurs

Fri

Sat

Sun