



Wellness Workshop

NAME: _____

JUNIORS
3RD AUGUST 2020

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5 things that make me happy

5 things I love about myself

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HAVE YOU FILLED SOMEONE'S
BUCKET TODAY?

♥ WHAT IS THE 'BUCKET'?

♥ HOW DO YOU FEEL WHEN YOUR BUCKET IS FULL?

♥ HOW DO YOU FEEL WHEN YOUR BUCKET IS EMPTY?

♥ WHAT IS BUCKET FILLING?

♥ WHAT IS BUCKET DIPPING?

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NAME 3 THINGS THAT YOU COULD SAY TO SOMEONE AT
CALISTHENICS THAT WOULD FILL THEIR BUCKET

CHOOSE SOMEONE IN YOUR TEAM AND WRITE SOMETHING ABOUT
THEM THAT WOULD FILL THEIR BUCKET

“ Everyone wants happiness, nobody wants pain,
But you can't have a rainbow, without a little rain! ”

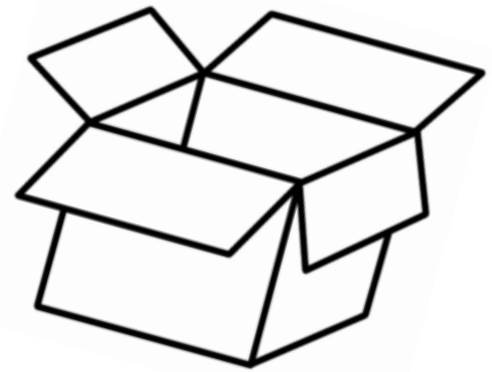
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MY WELLBEING BOX



My Favourite possession:

My Favourite scent:

My Favourite song:

My Favourite Food:

My Favourite animal:

My Favourite tv show:

My Favourite subject:

My Favourite thing to wear:

My Favourite drink:

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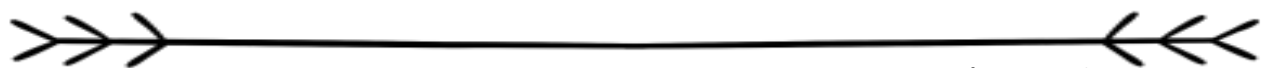
HOW I FEEL WHEN I'M AT HOME WITH MY FAMILY



HOW I FEEL WHEN I'M AT CALISTHENICS



HOW I FEEL WHEN I'M AT SCHOOL

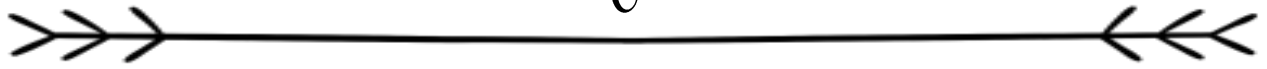


BE brave. BE creative. BE kind.

BE thankful. BE happy.

BE YOU!

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Adults in my world that I trust

