


Discover

Breaking down large goals into smaller ones can help them become more achievable. Creating a plan to move past barriers can help organise your thoughts and ideas.





Take notice

When we feel stressed or overwhelmed, our energy is depleted. Fill your cup and take care of yourself.





Connect

Social connectedness supports our sense of belonging and feelings of acceptance. It is healthy to utilise the relationships we have with family or friends to engage positively with our community.


Give

Showing empathy when apologising can help repair hurt feelings and mend relationships. It is important to help fix the situation, ask what you can do to help make things right and think about how you could behave differently in the future.



Vocabulary

achievable	Likely to happen or be successful.
apology	A regretful acknowledgement of an offence or failure.
authentic	Real or genuine.
replenish	To refill something that has become depleted.
self-care	Taking care of your own wellbeing.
volunteer	Undertaking a task for free.
focus	Giving attention to something.



Move

Brain breaks are quick, structured breaks that take your mind away from the current task. They can involve:

- Walking.
- Colouring.
- Meditating.
- Dancing.
- Yoga.
- Stretching.
- Jogging.
- Playing a game.