



Empowering educators, children and parents to thrive

## Activities to Boost Wellbeing in Lockdown



**1. Spot strengths** in people you spend time with. Your children, family members, friends. For example, write down 2 strengths you spot daily in each of your children for one week. At the end of the week share this with them orally or in a strength card or letter. Even if you live alone you can do this with friends and family over the phone or a conference call.

**2. Create a strength shield.** Complete the [VIA Survey](#) (suitable for those 10 years +) to identify your top 5 strengths. These are the strengths that are most authentically you, and when [used in different ways boost your wellbeing](#). Our character strengths protect us during difficult times. Divide your shield into 5

and draw/write your top strengths in it. A great activity for children in stage 2 and above, but also suitable for adults!

### **3. Design a project combining two of your top strengths.**

Scatter character strength cards on the floor and choose which two strengths you would like to use. If you have kids get them to do it too. How could you use these strengths differently this week? Set yourself a goal - a project to undertake. For instance, make something for someone using your creativity and kindness. Use your gratitude and social intelligence strengths - call a friend and express your gratitude - maybe just for having them in your life.

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## **Coronavirus Care Kit**



What strength will you  
use today to help you...



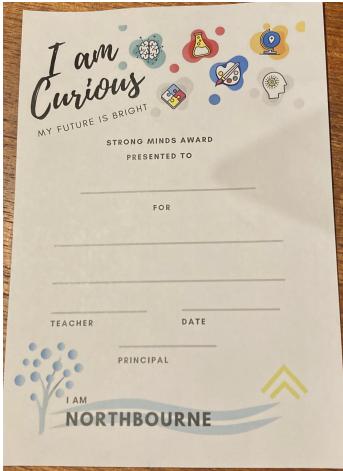
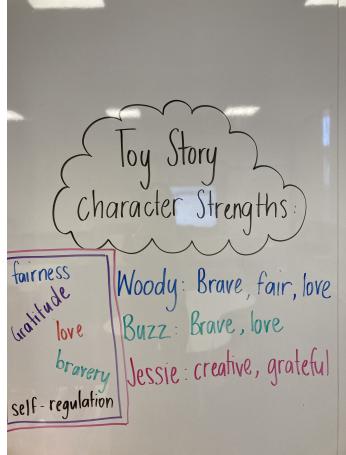
[www.growingstrongminds.com](http://www.growingstrongminds.com)

Back by popular demand our 2020 Coronavirus Care Kit! Lots of fun activities to do yourself and with others in lockdown.

[DOWNLOAD](#)

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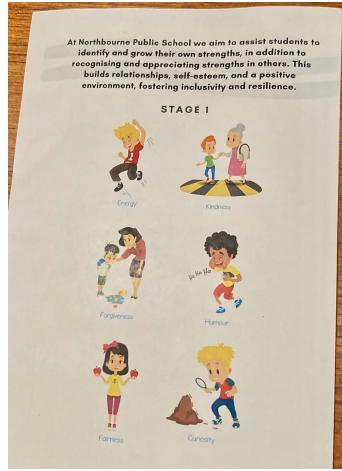
## **Embedding Character Strength at Northbourne Public School**



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The focus on only 6 strengths at a time is a great way to encourage deep learning and explore all content effectively.

TEACHER  
NORTHBOURNE PUBLIC SCHOOL  
GROWING STRONG MINDS



Northbourne Public School – a brand new school in Sydney that we are working with, is doing a fantastic job embedding character strengths school wide. This includes, staff receiving gratitude gifts from not only the executive but each other; students nominating peers for strength awards; spotting strengths in films and texts; displaying strength resources widely and more. The impact this is having on the school culture is evident in their outstanding **Tell Them From Me** results.

## Why Book Strong Minds Primary School Workshop – 22nd July 2021?



## Strong Minds Expert Wellbeing Package

from Nicole Nossiter



01:52

vimeo

When your school sends 2 staff to our Strong Minds workshop on the 22nd July they are then able to train the rest of your team. This provides staff time to 'Live It' ( minimum 1 term required) and **ENHANCES STAFF WELLBEING**, prior to commencing with the students in 2022.

Enhance staff and student wellbeing today with our **evidence based approach** **Strong Minds**.

**Limited numbers, don't miss out!**

[BOOK NOW](#)

[WHAT OTHERS SAY..](#)



Wondering if Strong Minds is right for your school? Attend our free live webinar to hear more. Our latest Mental Health Impact results will also be discussed.

[BOOK WEBINAR](#)

Warmest wishes

Nicole and the team at Growing Strong Minds

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### **Growing Strong Minds**

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