

Wellness

Book



4



1

I Can **Reach
My Goals**

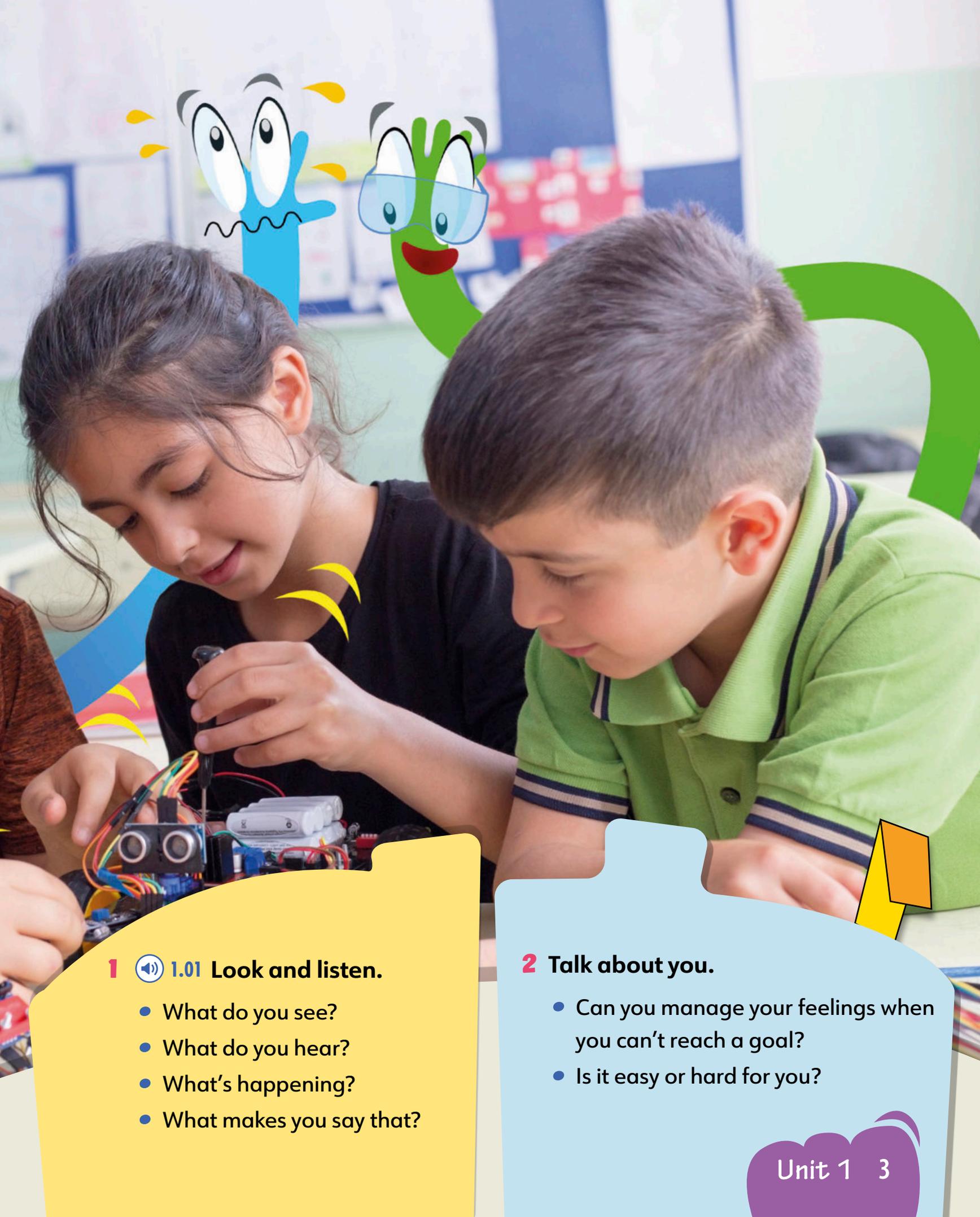


Welcome to Wellness!

- Sit in a circle.
- Think about a goal you want to reach this week and whisper it to the next student.
- Keep going around the circle.
- When the last child whispers your goal, say it aloud. Is it still the same?

2





1  **1.01 Look and listen.**

- What do you see?
- What do you hear?
- What's happening?
- What makes you say that?

2 **Talk about you.**

- Can you manage your feelings when you can't reach a goal?
- Is it easy or hard for you?

1

How do you feel when you work towards a goal?

Number the feelings from 1 to 8.
(1 is the feeling you feel the most).



embarrassed



excited



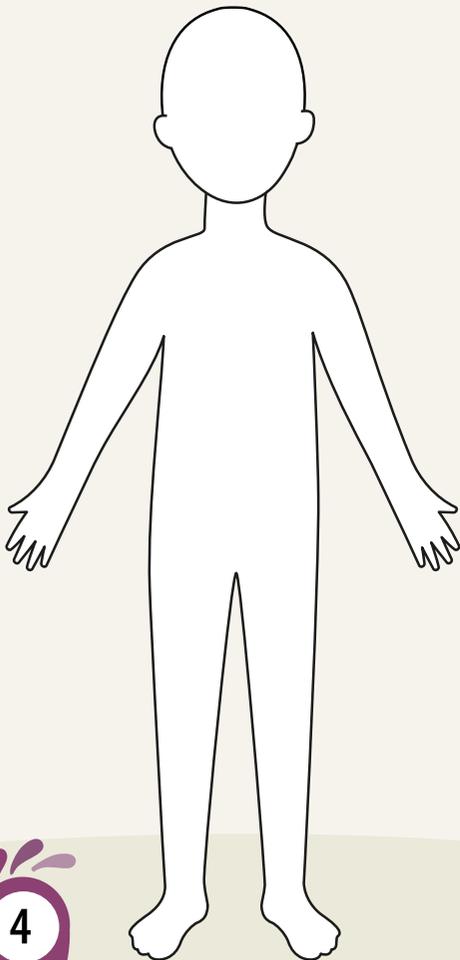
proud

2

FEELINGS
show up in
our bodies.

Where do you feel
★BIG Feelings★ when
you work towards
a goal?

Color the feelings
you chose in Activity 1.



3

How do you think they feel?

Read and match.



1



2

a jealous

b frustrated

c sad

d scared



3

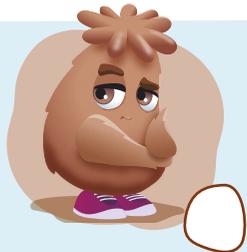


4

4



jealous



disappointed



scared



frustrated



sad

4

How can you manage your feelings when you work towards a goal?

Read and write about yourself.

1 What is your goal?

2 What do you have to do to reach your goal?

3 How do you feel about that goal?

4 Who can help you reach your goal?

Take a Moment

Setting Your Goals

Sit and put your hands on your lap.

Close your eyes.

Listen to the sounds around you for one minute.

If other thoughts pop in your mind, come back to your goal and start again.

Repeat for one minute.



Finding a Solution to Help

1  1.02 Listen and read. What is the problem?

1 Oh, no! Your wheels are stuck in the trash!

I can't move! Why don't they use the recycle bins!

Let me help you!

2 We need pictures over the bins. We have to help them see what trash is and what recycling is.

3 I love these ideas. I will help you.

4

5 We know we can all keep the school clean. There will be signs to help.

6 Plastic goes here!

8 Thank you for looking after our community!

7

2 How did they feel? Why?

1 Mei felt happy at the beginning of the story.

True / False

2. Oscar felt excited in the middle of the story.

True / False

3. The children felt proud at the end of the story.

True / False

How did Mei feel at the beginning of the story?

She felt frustrated.

Why?

Because her wheels were stuck in the trash.



1 What about you?

Read and answer.

- Write a goal that you couldn't reach.

- Why didn't you reach your goal?

- How did you feel?

- Did you ask for help? Who did you ask?

- What can you do next time?

2 Make a plan!

Draw the steps you can take to reach your goal.