

Wellness Book

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1

CHALLENGES HELP ME GROW

WELCOME!

1 Complete the acrostic poem with words related to challenges. Use a dictionary.

CHANGE

LEARN

NEGOTIATE

EFFORT

3 Share your definition and answer the questions.

How do you feel after doing the activity?

Was it challenging? Why?



2 Use the words in your poem to write a definition for the word: **CHALLENGES**.



1  **1.01 Look and listen.**

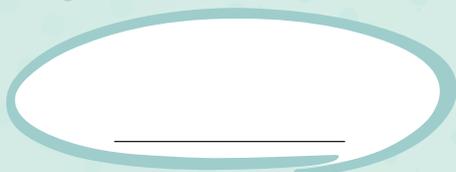
- What do you see?
- What do you hear?
- What's happening?
- What makes you say that?

2 Talk about you.

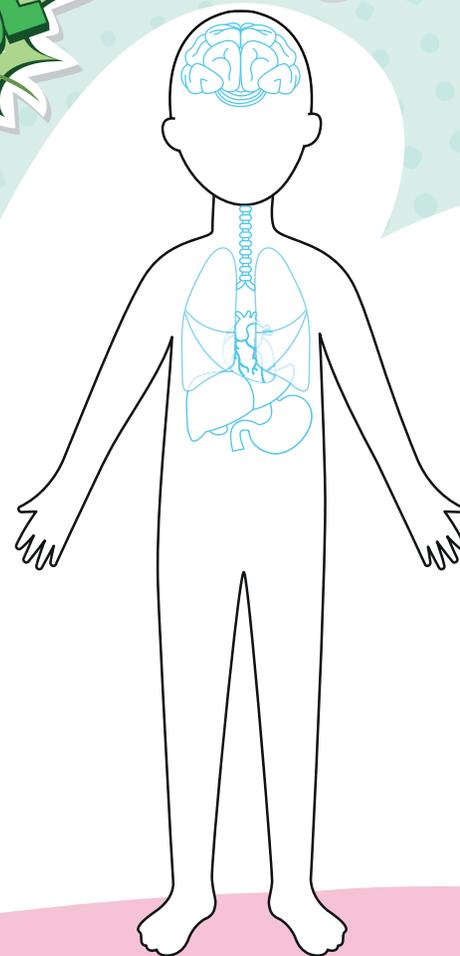
- Do you face challenges in a positive way?
- Is it easy or hard?
- How can you stay positive when facing a challenge?

1

HOW DO YOU FEEL WHEN YOU HAVE TO FACE A CHALLENGE?
ADD TWO. THEN CHOOSE AND CHECK (✓).



2



WHERE DO YOU FEEL
★BIG Feelings★
WHEN YOU HAVE TO
FACE A CHALLENGE?
MARK AND COMPARE
WITH A PARTNER.



3

HOW DO YOU THINK THEY FEEL? WHY? **DISCUSS WITH A PARTNER. WRITE.**



1 Mario feels _____.

2 Sarah feels _____.

3 Linh feels _____.

4 Jacob feels _____.

4

Let's overcome our challenges!

CHOOSE A CHILD FROM ACTIVITY 3. READ THE STRATEGY BELOW. THEN CREATE A COMIC STRIP OF THE CHILD USING IT TO DO THE OBSTACLE COURSE.

- Be curious about the new challenge.

What is it about?

- Think and answer:

What things can you control? What is out of your control?

- Share your Big Feelings about the challenge with a friend or an adult.

- Ask for help when anything feels out of your control.

- Stick to the task to meet the challenge.



Remember that ★BIG Feelings★ disappear after the challenge is met.

Take a Moment

The "Yes, but ..." Game

Close your eyes and imagine a challenge you have to face.

Notice how you feel.

Open your eyes. What thoughts did you have?

Make a list of the negative thoughts.

Now, make a list of your positive thoughts.

Start with the words: "Yes, but ..."



READY FOR THE CHALLENGE!

1  1.02 Listen and read. Who has a challenge to face?

THE SPELLING BEE FINALS ARE NEXT WEEK. OSCAR AND LUCY WILL COMPETE TO GET A PLACE IN THE NATIONAL FINALS. IT'S A BIG CHALLENGE TO OVERCOME. WHO WILL WIN?



LUCY TELLS SADIA THAT SHE FEELS JEALOUS AND INSECURE BECAUSE OSCAR KNOWS ALL THE WORDS. IF LUCY WANTS TO BEAT OSCAR, SHE'LL HAVE TO WORK AS HARD AS HIM!



LUCY STARTS PRACTICING WITH SADIA AND GETS BETTER DAY AFTER DAY. SHE DOESN'T FEEL INSECURE OR JEALOUS ANYMORE! SHE FEELS PROUD OF HERSELF AND THINKS SHE HAS A CHANCE TO WIN.



2 Circle Lucy's feelings in the story.

WHY DOES SHE FEEL THIS WAY?
WHAT DOES SHE DO?

Lucy feels jealous because Oscar can spell a difficult word. She breathes to calm down.

MY WELLNESS JOURNAL

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ANSWER THE QUESTIONS.

What new challenge do you have?

What action have you taken towards meeting it?

What's scary about the challenge?

What's exciting about the challenge?

What plan do you have to meet the challenge?

Who can help you?

2

LOOK BACK AT PAGE 3. WHAT DID YOU LEARN? WRITE.

How can you face challenges in a positive way?

