



### Discover

Facing difficulties can make us feel downhearted. When faced with these situations, it is important to pause, find calm and think clearly of a different approach to a challenge. Being resilient is when we bounce back and keep going.




### Take notice


Every day, we have thousands of thoughts. A special chemical in our brain called dopamine carries happy and excited messages around our brain. Serotonin carries calm and peaceful messages, helping us feel relaxed.




### Connect

Developing friendships benefits our wellbeing by:

- Heightening our sense of empathy.
- Helping us feel less isolated.
- Boosting self-esteem and confidence.
- Allowing us to share experiences.




### Give

A person who makes a positive contribution to their community could be appreciated through kind actions. We could show appreciation by:

- Saying thank you.
- Making special cards or drawings.
- Being friendly.
- Being helpful.

### Vocabulary

contribute	To give in order to help, provide or support someone or something.
dopamine	A happy chemical released by the brain.
gratitude	Being grateful.
pen pal	Someone you exchange information with who you might not have met.
pledge	A promise or commitment to a person or group.
resilience	The capacity to recover quickly from difficulties.
body percussion	The sounds made from body parts.



### Move

Exercise benefits your mind and body, including:

- Improved mood.
- Stronger muscles and bones.
- Better sleep.
- Increased energy and focus.
- Developed movement skills.