



# Amazing People Schools

## Wellbeing Workout Summer Strengths Builder



### Adaptability

Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

### Collaboration

Play a board or an outdoor game together with friends or family.

### Courage

Taking a cold shower can help boost our happiness levels – are you brave enough to try??



### Creativity

Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!

### Curiosity

Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.

### Empathy

Watch a film together and have a think about what different characters were thinking and feeling in the story.

### Enthusiasm

Put on a show with your family – include songs, dance, music, drama.



### Fairness

Play a new board game or make one up! How can you make sure it's fair for everyone?



### Good Sense

Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.

### Gratitude

Create a colourful poster of everything you are grateful for.

### Humility

Go for a walk and look for the tallest tree you can find. How does it make you feel to be standing under something so huge?

### Initiative

Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.



### Integrity

Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?

### Kindness

Make a list of different ways you can be kind. Try and tick them off each day.

### Motivation

Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.

### Optimism

Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!

### Perseverance

Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).

### Resilience

If there is something you want to change but can't, think about how you can change your attitude towards it.

### Self-discipline

Plan a screen-free day – no phones, devices or even television – no peeking allowed!

### Tolerance

Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.

**Character strength building with some of the world's most Amazing People**



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