

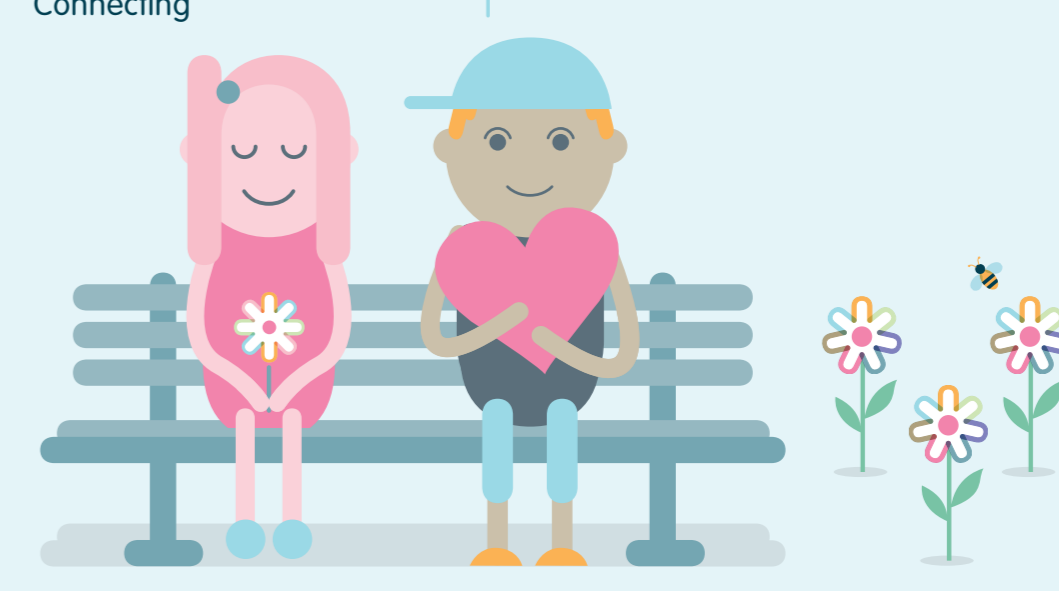
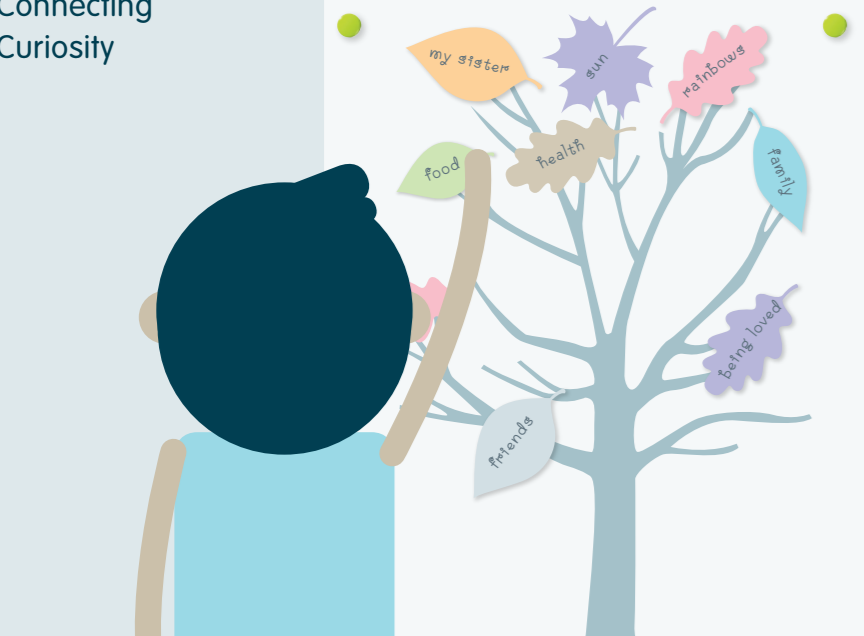


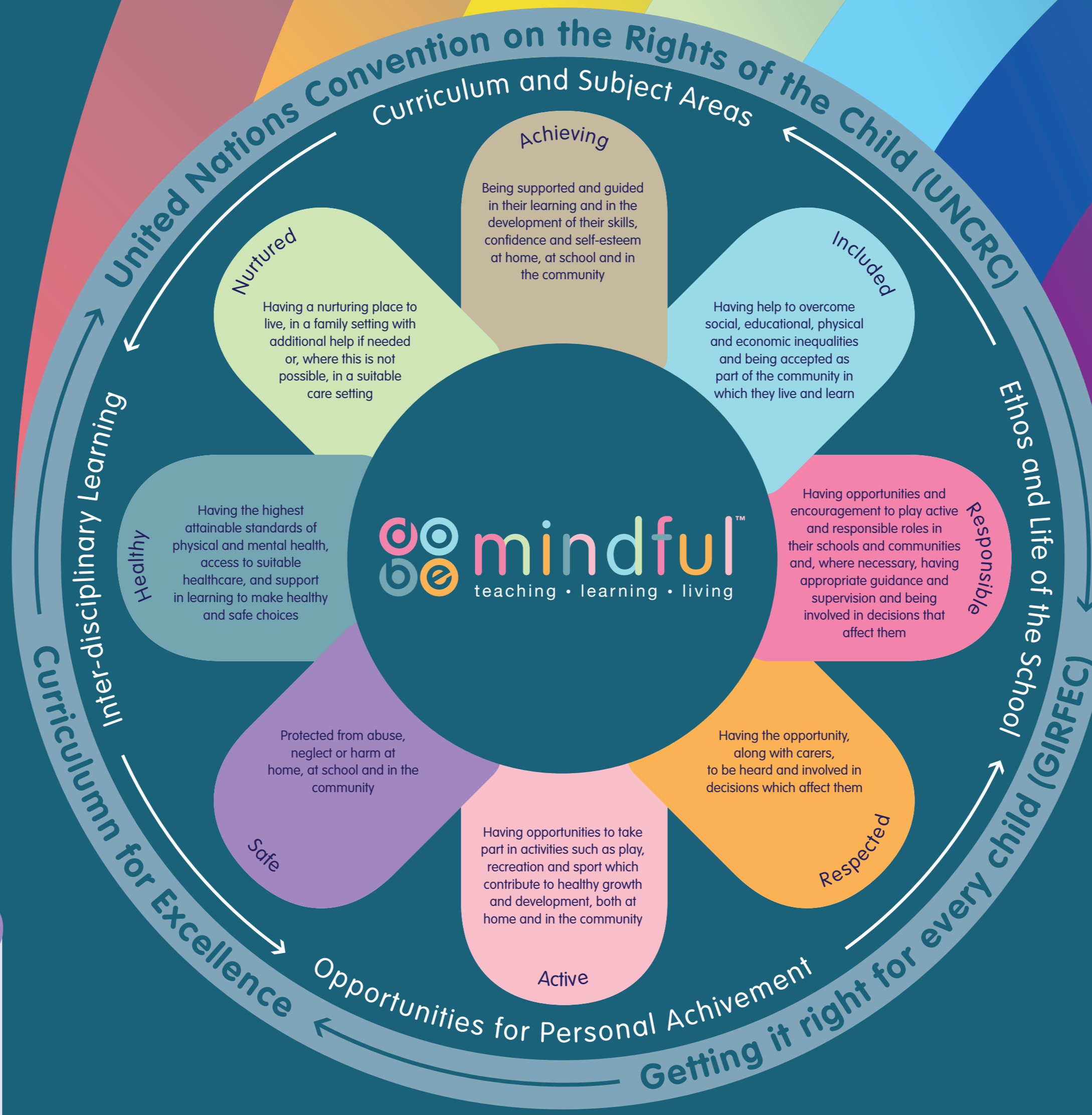
Health and Wellbeing: Responsibility of All

Nurtured		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Being Calm Relaxing Kindness Curiosity</p> 	<p>Activity Card Themes: Reflection Gratefulness & Positive Thoughts Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 1: Flowers and Windmills Week 2: Butterfly Hugs Week 7: Back to Back Shoulder Breathing</p> <p>Pause and Practice Week 7: Love Pebbles Week 8: Tap, Tap, Tap Week 2: Gratitude Sticks</p> <p>Relax and Reconnect Week 1: Lost and Found Week 7: A Handful of Love Week 8: Finding Hope</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b</p>			

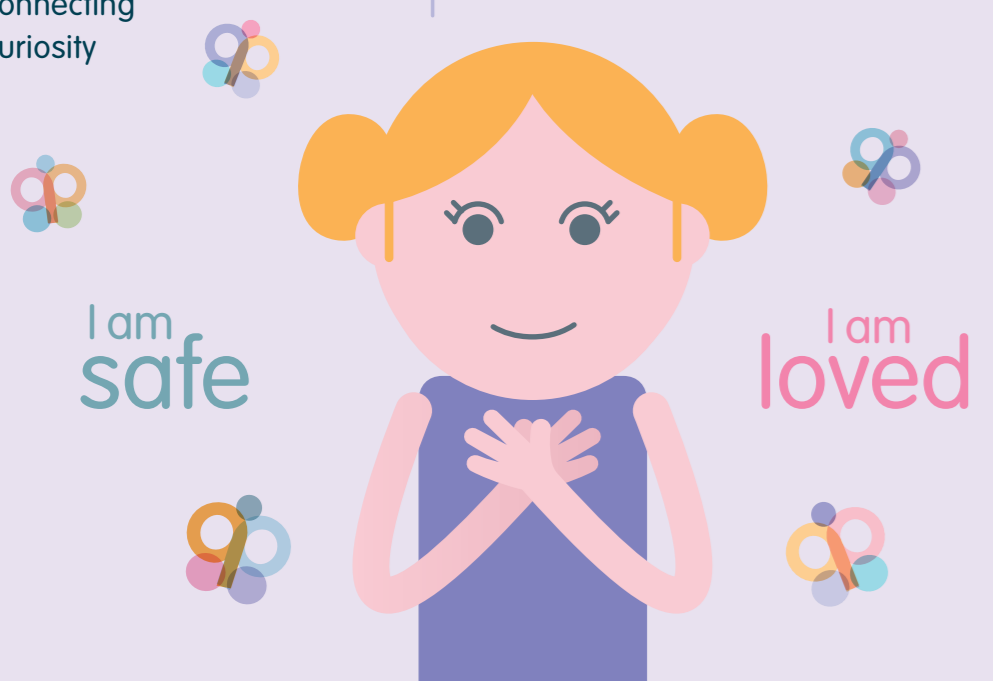
Achieving		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Sleep Nutrition Device Free Time Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 4: Triangle Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 3: SENSE-ational Week 4: Mindful Taste Test Week 8: Tap, tap, tap</p> <p>Relax and Reconnect Week 4: I Am Peace Week 6: My Mindful Dragon Week 8: A Handful of Love</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a</p>			

Included		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Reflection Gratefulness & Positive Thoughts Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 2: Butterfly Hugs Week 7: Back To Back Shoulder Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 2: Gratitude Sticks Week 8: tap, Tap, Tap</p> <p>Relax and Reconnect Week 1: Lost and Found Week 2: Gratitude Tree Week 7: A Handful of Love</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a HWB 0-44b</p>			

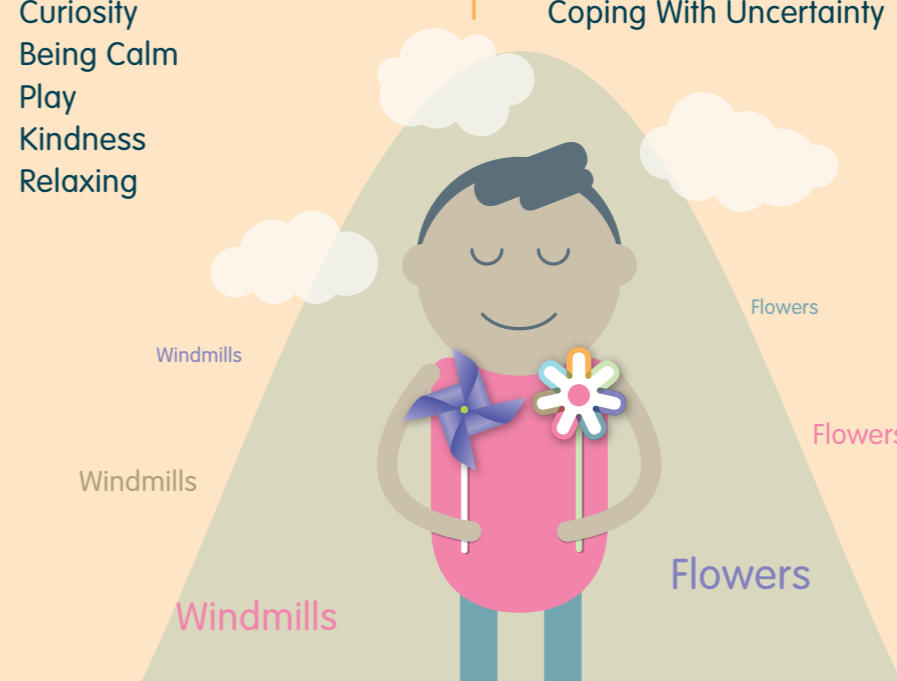
Healthy		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Being Calm Play Kindness Relaxing Connecting Curiosity</p> 	<p>Activity Card Themes: Physical Exercise Sleep Nutrition Gratefulness & Positive Thoughts Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 4: Triangle Breathing Week 5: Rocket Breathing</p> <p>Pause and Practice Week 3: SENSE-ational Week 4: Mindful Taste Test Week 5: Animal Yoga</p> <p>Relax and Reconnect Week 2: Gratitude Tree Week 3: Sleep Is Good For Us Week 7: A Handful of Love</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b</p>			



Responsible		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Gratefulness/Positive Thoughts Sleep Nutrition Physical Exercise Device Free Time Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 5: Rocket Breathing Week 6: We're Going On A Sound Hunt</p> <p>Pause and Practice Week 3: SENSE-ational Week 2: Gratitude Sticks Week 6: Nature Calm Jar</p> <p>Relax and Reconnect Week 3: Sleep Is Good For Us Week 4: I am Peace Week 6: My Mindful Dragon</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b</p>			

Safe		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Being Calm Play, Kindness Relaxing Connecting Curiosity</p> 	<p>Activity Card Themes: Relationships & Connecting Coping With Uncertainty Gratefulness & Positive Thoughts Reflection</p>	<p>Breathe and Begin Week 2: Butterfly Hugs Week 7: Back to Back Should Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 2: Gratitude Sticks Week 7: Love Pebble</p> <p>Relax and Reconnect Week 1: Lost & Found Week 7: A Handful of Love Week 8: Finding Hope</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b</p>			

Active		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play</p> 	<p>Activity Card Themes: Physical Exercise Device-Free Time</p>	<p>Breathe and Begin Week 5: Rocket Breathing Week 6: We're Going On A Sound Hunt</p> <p>Pause and Practice Week 5: Animal Yoga Week 6: Nature Calm Jar</p> <p>Relax and Reconnect Week 5: I am Yoga Week 6: My Mindful Dragon</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b</p>			

Respected		Lesson Theme	Activity
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing</p> 	<p>Activity Card Themes: Reflection Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 1: Flowers & Windmills Week 7: Back To Back Shoulder Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 7: Love Pebbles Week 8: Tap, Tap, Tap</p> <p>Relax and Reconnect Week 1: Lost & Found Week 7: A Handful of Love Week 8: Week 8: Finding Hope</p>	
<p>May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a HWB 0-44b</p>			