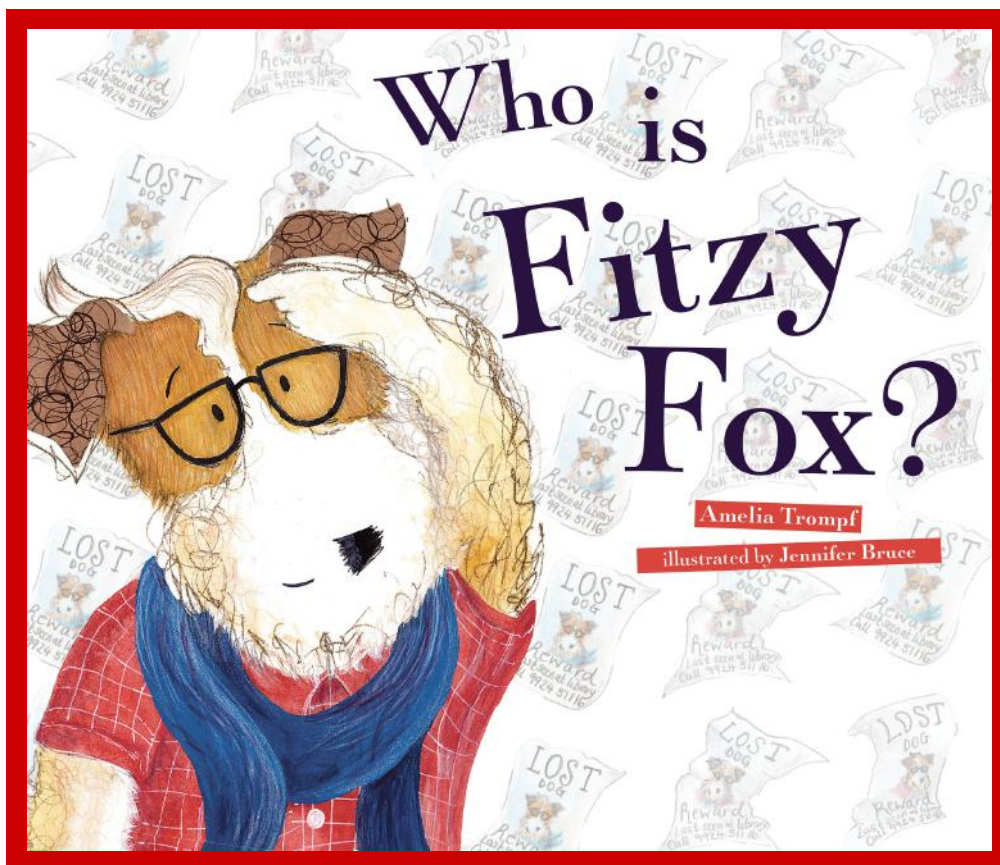


SOCIAL & EMOTIONAL WELLBEING PACKAGE FOR SCHOOLS

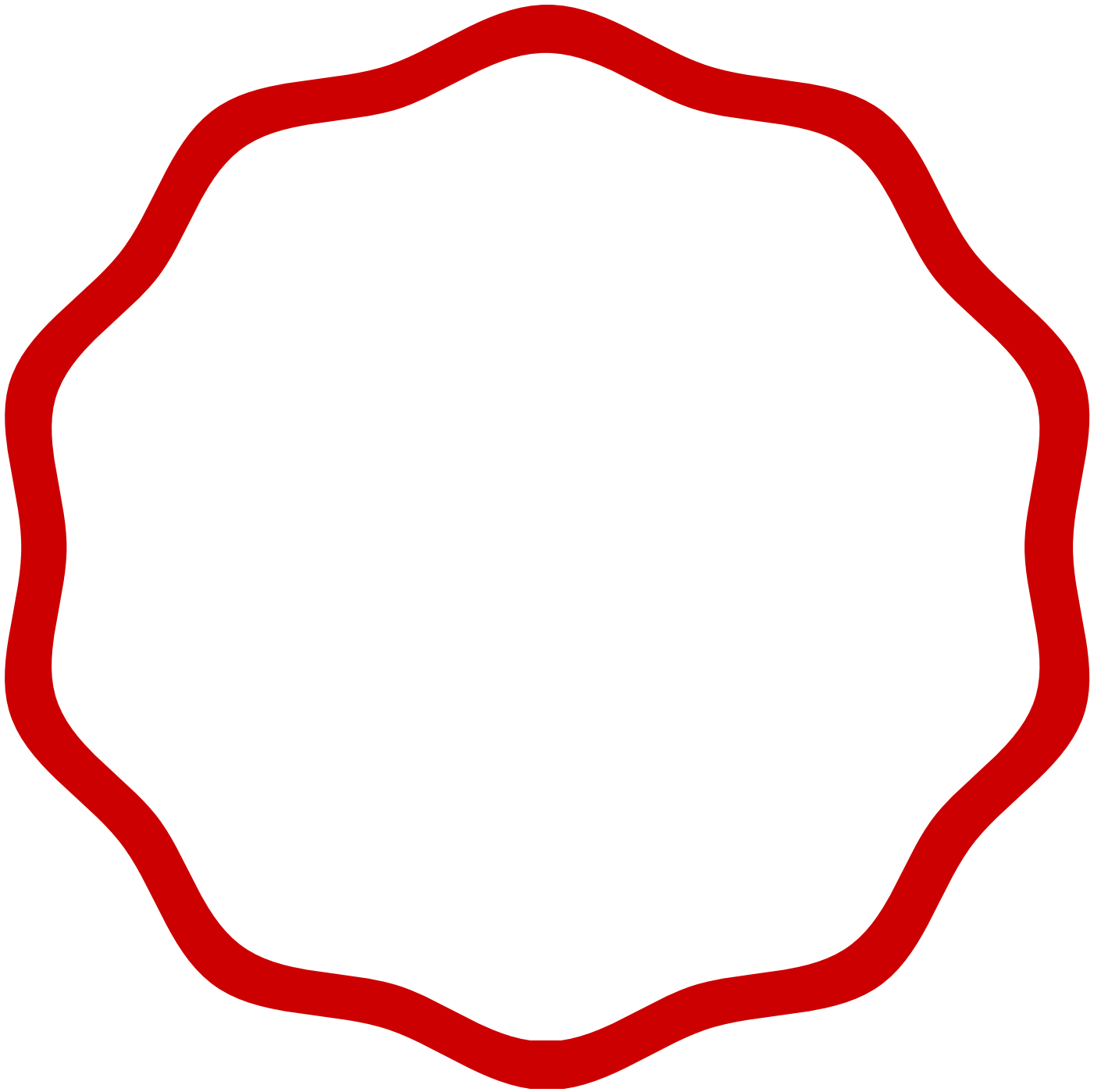


**PROGRAM WRITTEN BY
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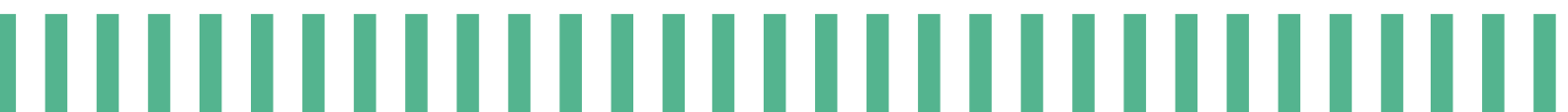
www.fitzyfox.com



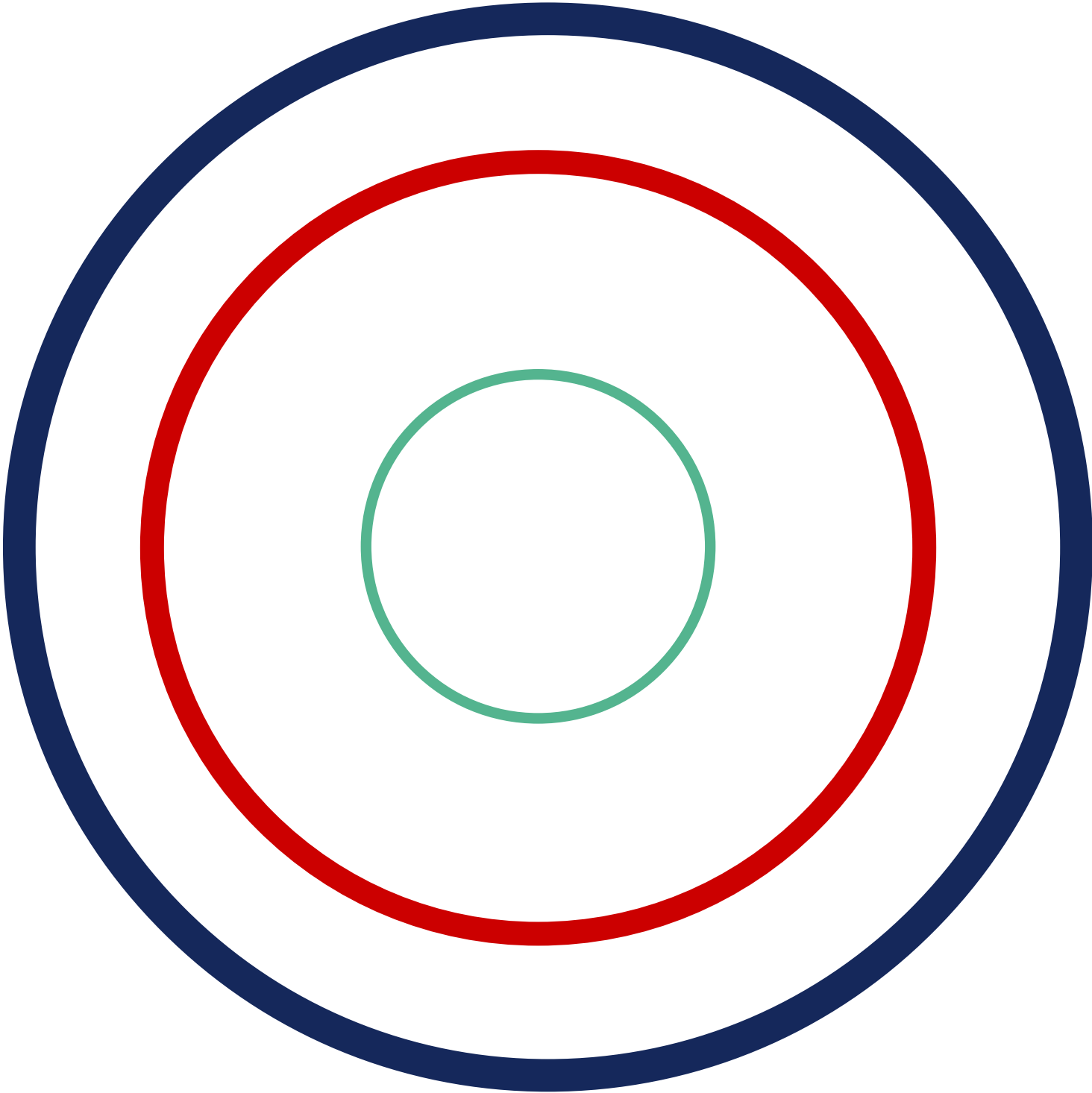
I'M THE ONE AND ONLY



FROM



BELONGING



NAME:



HELPING



Make a list and/or draw pictures of people who have helped you and describe how they helped you.

Someone close to you; a member of your family, a good friend

Someone you don't know quite so well; a teacher, a school counsellor, your coach, a family friend, a neighbour

Someone you hardly know at all; a student from a different year level at school, a lady or man down the street, a shop owner in a shopping centre

Now, I wonder who could you help today?

NAME:



FEELINGS



Think of 3 different feelings Fitzy Fox has during the story. Think of a time when you felt a similar way.

Name of Feeling	When did Fitzy Fox feel this in the story?	A time I felt this way

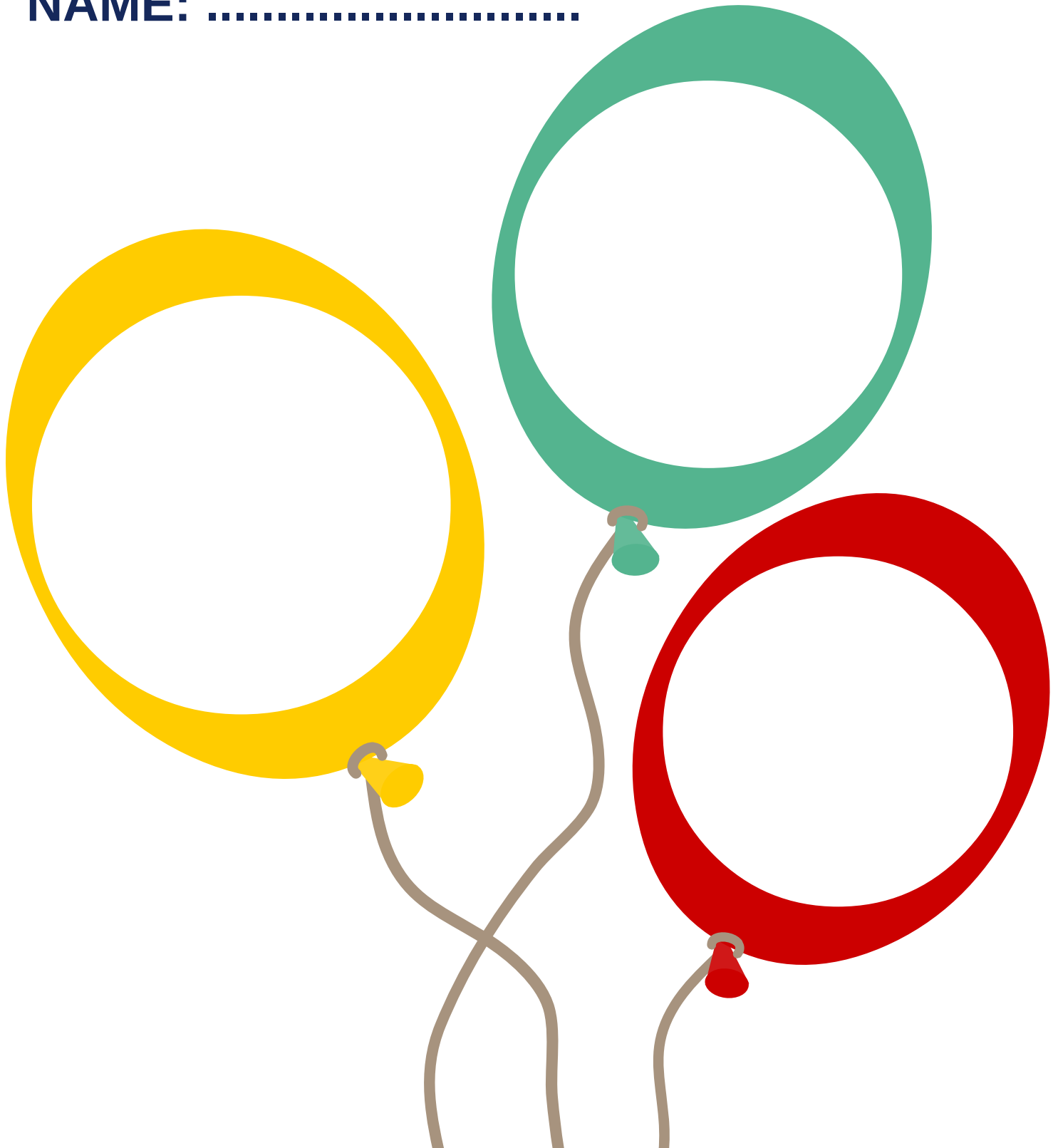
NAME:

WORRIES



Think about some of the things worrying you at the moment; big worries, small worries, annoying worries.
Draw or write your worries in the balloons below.

NAME:



RESILIENCE

NAME:



Think of time when you carried out some 'unhelpful' actions. What feelings did you have? What thoughts did you have? What were your actions?

Feeling	Thought	Action

RESILIENCE

NAME:



Now imagine what would happen if you had the same feeling but you changed your thoughts and your actions to be more positive.

Feeling	Thought	Action

YOU ARE AMAZING



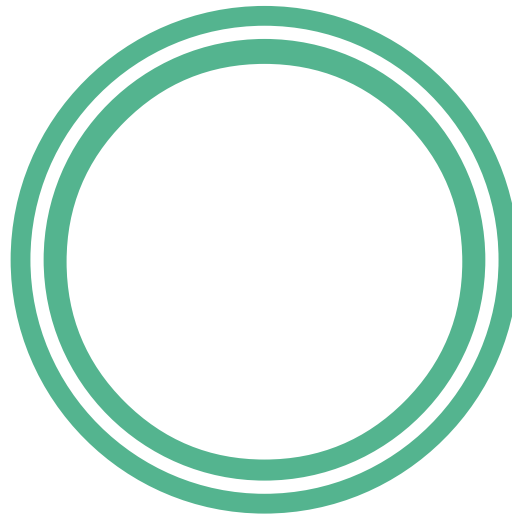
You have an important job to do which absolutely no one else in the world can do and that is, **TO BE YOU!**

Describe your personality

People who think you are special

Things you enjoy doing

Things you are good at



Name:

Your dreams

One thing you'd like to improve