

# Spring 1- We enjoy a challenge!

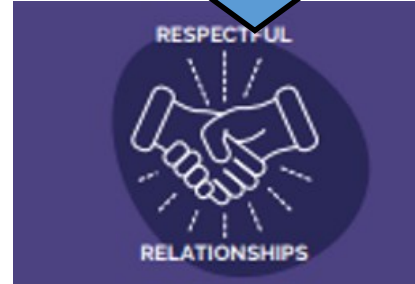
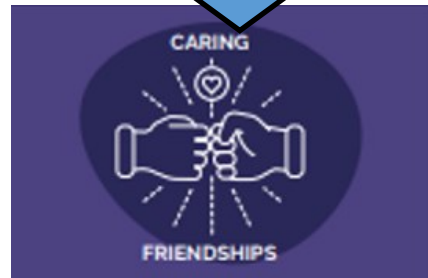
## Mental Fitness:

Flexibility of bouncing back



## Social Fitness:

Caring Friendships  
Respectful Relationships  
(bullying)



## Physical Fitness:

Health and Prevention



## Themes:

mistakes,  
resilience,  
forgiveness, sorry,  
conflict, resolution,  
bullying, upstander, bystander

## Personal Attributes:

resilience,  
adaptability,  
growth mindset,  
gentleness,  
trustworthy,  
integrity

# This terms end goals



## MENTAL FITNESS

To know that we have to learn to bounce back when things go wrong or get hard. We have to use our inner cheerleader to help us.



## SOCIAL FITNESS

That we must forgive ourselves and others if we want to bounce back in our friendships.

All friendships have ups and downs. Know about the different types of bullying and the impact it may have.



## PHYSICAL FITNESS

To know that self-care is important so we can bounce back physically too.

***We only get one life, so let's learn how to live it well!***