



# Wellbeing Fitness Challenge

## STUDENT

Neuroscience has shown that with every new experience you have, your brain changes and that you can grow your brain’s abilities in all areas of your life. Just as you boost your physical fitness by regularly working out, the wellbeing fitness challenges stretch your abilities to grow your wellbeing.

### EMOTIONS SPOTTING

*Mindful Feelings* – being mindful of positive, negative and mixed emotions I feel and notice others feeling and watching for the intensity of emotions rising in myself and others.

