



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.

EVEN BETTER

Positive Stretching – when reflecting on good things that happened, I will stretch my thinking to describe how they could have been even better.

