



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.

FORGIVENESS LETTER

Saying Sorry – writing a letter to someone I have upset saying sorry and asking what I can do to make it right for them and giving it to them.

