



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.

OTHERS MATTER

Acts of Kindness – looking for at least two opportunities to give of myself to make others’ lives better and recognising when others do kind things for me by thanking them.

Thank You