





Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



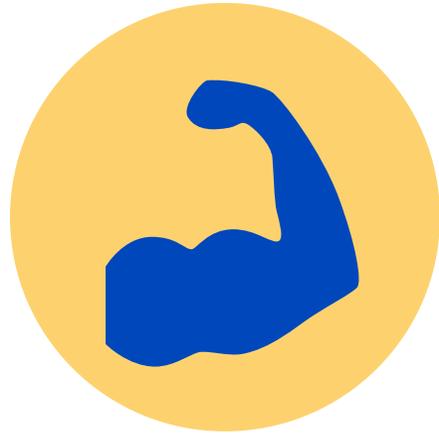
Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



Empathy

Everyone is kind, caring and considerate of the feelings of one another.



Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.

If a magical genie told you that he could make one wish come true, what would you ask for?





We are excellent at saying the things that we wish for...



**But we are not
always so good at
being thankful for
the things that we
have!**



THANKFULNESS!

Being thankful is about feeling happy and grateful that something has happened.

What are you grateful for?



BEING THANKFUL

**Lots of creatures
are much worse
off than us
humans...**

This is a mayfly



It only gets to live for one day!

This is a koala



**The only food it can eat is eucalyptus leaves.
These leaves don't give it many nutrients,
and aren't very tasty!**

This is a tortoise called Lonesome George



He was the last tortoise of his species in the whole world, living for around 40 years alone.

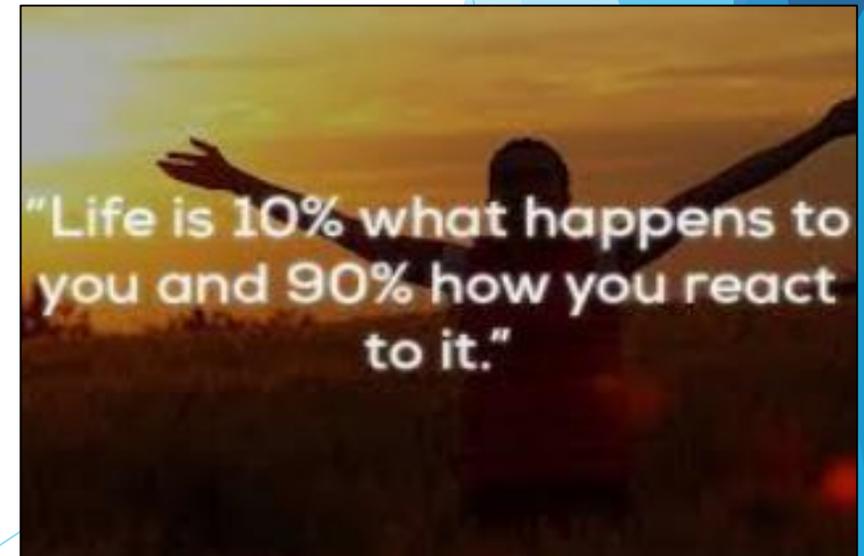
Reflection

Why should we be grateful?

Grateful people experience fewer aches and pains and they report feeling healthier than other people

WHAT'S THE MESSAGE?

- **Whilst it is good to have hopes and dreams, try to not spend too much time thinking about the things that you don't have.**
- **Instead, be thankful for all of the things that you do have.**
- **Life is amazing – try to enjoy every moment of it, feeling thankful that you are here!**



HOW CAN I SHOW THANKFULNESS?

- **Try to look on the bright side – be glass half full!**
 - **Show that you appreciate other people – give them your time and show them respect.**
 - **Show that you are grateful for things – say thank you!**
 - **Give out compliments.**
 - **Help others to be thankful.**
 - **SMILE!**
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- The image features several green checkmarks on the right side, indicating that the listed actions are positive and recommended. There are five checkmarks in total, each corresponding to one of the main bullet points or sub-points in the list.