





# 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

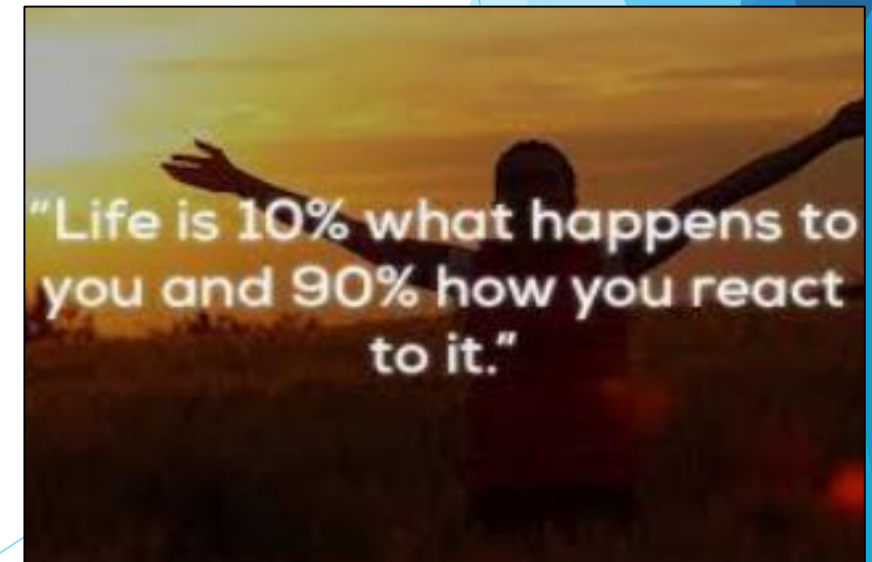
**Why should we be grateful?**

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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