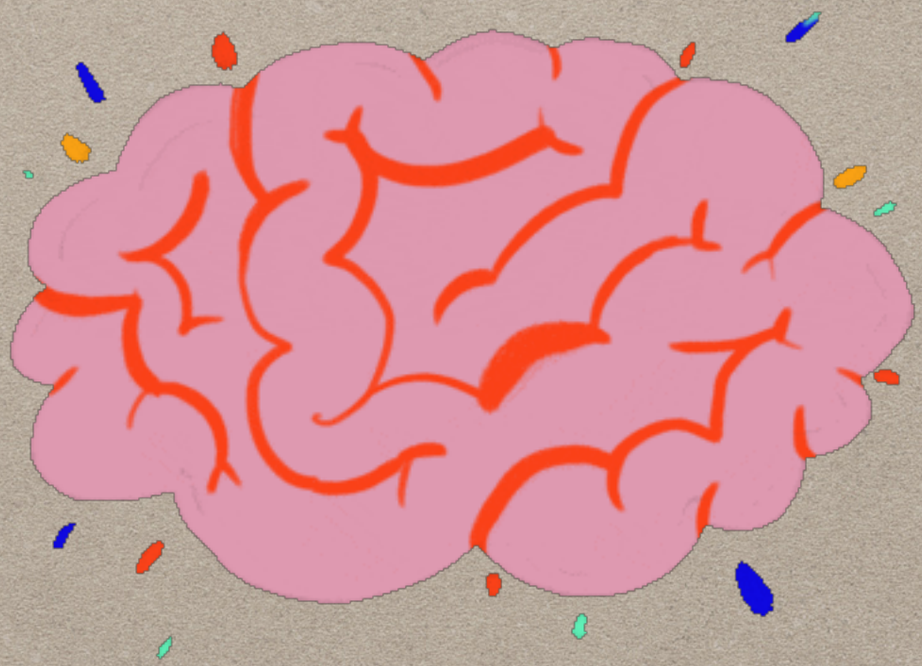
WRITING FOR WELLNESS

HOW ARE YOU FROM 1 TO 10?

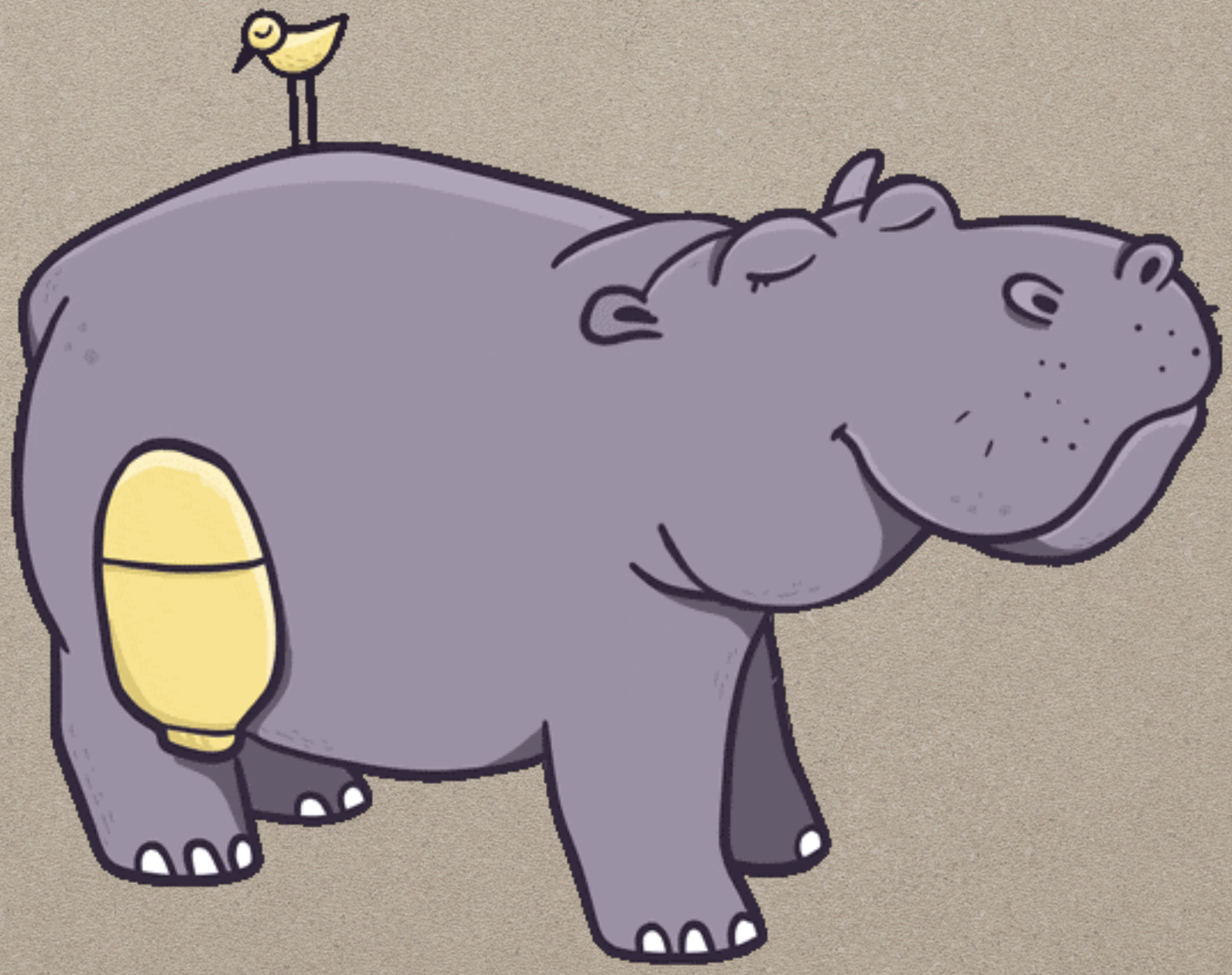
HOW WOULD YOU LIKE TO FEEL AT THE END OF THIS HOUR?

BRAIN HACK

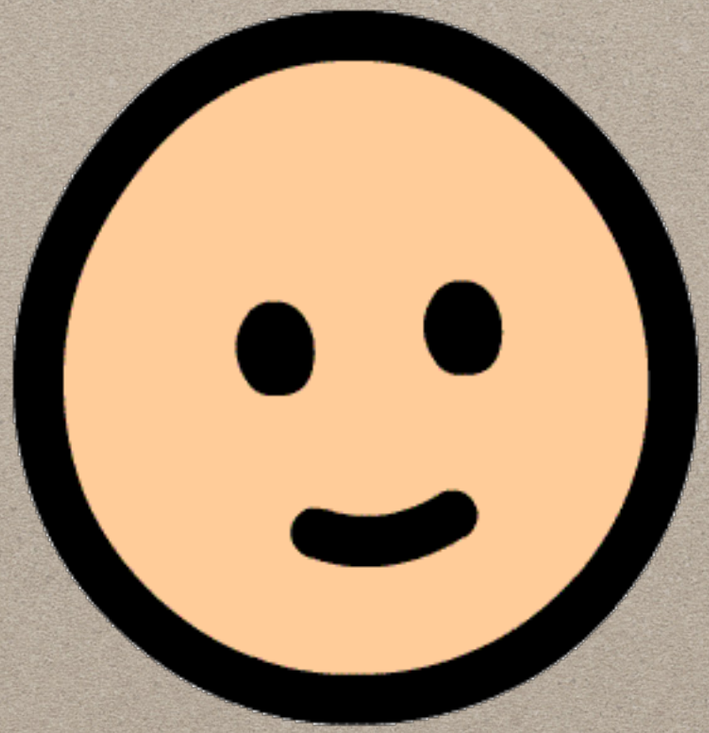
LIMBIC SYSTEM



HIPPOCAMPUS



AMYGDALA



The amygdala is responsible for the perception of emotions such as anger, fear, and sadness, as well as the controlling of aggression.

HOW TO HACK YOUR LIMBIC SYSTEM

- Take 3 long deep breaths, deeper than you have had all day

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- Take 3 long deep breaths, deeper than you have had all day
- Write down 3 things you are grateful for.

HOW TO HACK YOUR LIMBIC SYSTEM

- Take 3 long deep breaths, deeper than you have had all day
- Write down 3 things you are grateful for.
- Write down 3 things that make you amazing!

HOW TO HACK YOUR LIMBIC SYSTEM

- Take 3 long deep breaths, deeper than you have had all day
- Write down 3 things you are grateful for.
- Write down 3 things that make you amazing!
- Write down something you appreciate about someone in your life.

HOW TO HACK YOUR LIMBIC SYSTEM

- Take 3 long deep breaths, deeper than you have had all day
- Write down 3 things you are grateful for.
- Write down 3 things that make you amazing!
- Write down something you appreciate about someone in your life.
- Send a compliment to a friend.

HOW TO HACK YOUR LIMBIC SYSTEM

- Gratitude rewires your brain and kick starts the production of dopamine and serotonin.
- These feel good neurotransmitters activate the bliss centre of the brain

MINDFUL MINUTE

MINDFUL MINUTE

- Think of one thing you are grateful for and count how many deep breaths you take in a minute.

WHAT IS YOUR MAGIC NUMBER?

BRAIN DUMP

WHAT ARE YOU GRATEFUL FOR?

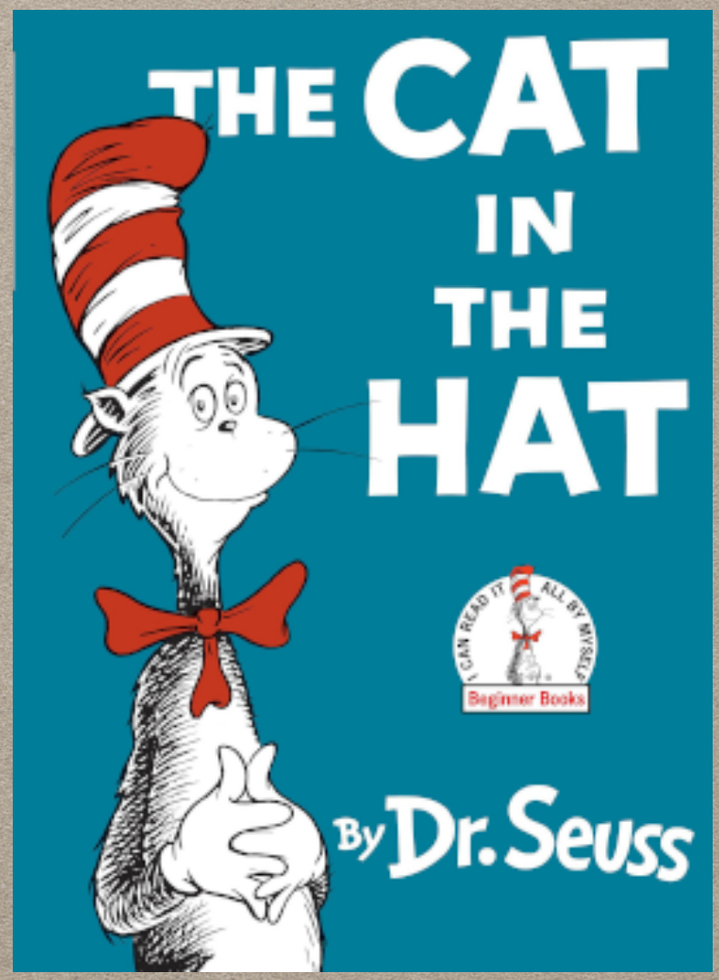
The feelings I'm feeling are…

GROUP POEM

QUOTE POEM

“IT’S NOT ABOUT WHAT IT IS, IT’S ABOUT WHAT IT CAN BECOME.”

– DR SUESS



INSPIRATION POEM

1. **Write a SIMILE about something you want to become better at..**

   I want to become someone who write poems that sound like rumbling thunder.

“NOTHING IS IMPOSSIBLE, THE WORD ITSELF SAYS ‘I’M POSSIBLE’!”
- AUDREY HEPBURN

INSPIRATION POEM

1. Write a simile about something you want to become better at.

2. **ALLITERATION- If nothing was impossible what would you do?**

   If nothing was impossible I wonder worldwide where warriors walk and talk to them about axolotls.

“HAPPINESS IS NOT SOMETHING READY MADE. IT COMES FROM YOUR OWN ACTIONS.”
- DALAI LAMA XIV

INSPIRATION POEM

1. Write a simile about something you want to become better at.

2. ALLITERATION- If nothing was impossible what would you do?

3. **RHYME - What is one thing you can do that makes you happy?**

   When I'm in the wild, I smile for a while at strangers with style.

"BEING DIFFERENT ISN'T A BAD THING. IT MEANS YOU'RE BRAVE ENOUGH TO BE YOURSELF."
– LUNA LOVEGOOD, HARRY POTTER

INSPIRATION POEM

1. SIMILE - Write a line about something you want to become better at.

2. ALLITERATION - If nothing was impossible what would you do?

3. RHYME - What is one thing you can do that makes you happy?

4. **METAPHOR - What is one thing that makes you unique?**
   I am a tall skyscraper, towering above my friends.

“SOMEWHERE INSIDE ALL OF US IS THE POWER TO CHANGE THE WORLD.”
– MATILDA, ROALD DAHL

INSPIRATION POEM

1. SIMILE - Write a line about something you want to become better at.

2. ALLITERATION - If nothing was impossible what would you do?

3. RHYME - What is one thing you can do that makes you happy?

4. METAPHOR - What is one thing that makes you unique?

5. **HYPERBOLE - What is one kind thing you can do to make the world better?**

   I will write poems that will knock people off their feet.

IF I WERE AN AXOLOTL IN SPACE POEM

- If I were an axolotl in space I would smell alien axolotls. I would super hard hug them.
- If I were an axolotl in space I would have a huge smile on my face.
- I would fly amongst the stars and discover fire lava'ish pattern wing things in Mars.
- I would see aliens with giant hearts
- I would do backflips and go onto a planet and see humongous among us rocket ships with fungus.
- I would explore Saturn and take one of its igneous rocks.

BRILLIANCE POEM

1. A REASON YOU ARE BRILLIANT

-*I am brilliant because I am kind.*

-I am brilliant because I am passionate about helping people.

-I am brilliant because I am super awesome cool and spend little time worrying what others minds are pondering about me.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR
SOMETHING > ACTION > LOCATION

-*I am a lion hunting his prey in the African Savanna.*

-*I am a Jumbo Jet taking off at London Heathrow Airport.*

-*I am a skyscraper sternly standing on rippling river Shanghai shores.*

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR
SOMETHING > ACTION > LOCATION

3. CHOOSE AN ATTRIBUTE YOU LIKE ABOUT YOURSELF, ASSIGN A COLOUR TO IT AND TELL ME WHY YOU CHOSE THAT COLOUR

-My smile is the yellow of the sun because it leaves people feeling warm and fuzzy.

-My voice is the black of the night, because it is smooth and absolutely everywhere.

-My feet are baby blue because they're soft and cuddly.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR
SOMETHING > ACTION > LOCATION

3. CHOOSE AN ATTRIBUTE YOU LIKE ABOUT YOURSELF, ASSIGN A COLOUR TO IT AND TELL ME WHY YOU CHOSE THAT COLOUR

4. PERSONIFY YOUR BRILLIANCE. PRETEND YOUR BRILLIANCE IS ALIVE AND ASSIGN AN ATTRIBUTE THAT YOU WOULD USUALLY GIVE TO A PERSON. THEN TELL ME WHY?

-My brilliance does backflips because it has a happy disposition.

-My brilliance jumps into others peoples selfies because he is a troll.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR
SOMETHING > ACTION > LOCATION

3. CHOOSE AN ATTRIBUTE YOU LIKE ABOUT YOURSELF, ASSIGN A COLOUR TO IT AND TELL ME WHY YOU CHOSE THAT COLOUR

4. PERSONIFY YOUR BRILLIANCE. PRETEND YOUR BRILLIANCE IS ALIVE AND ASSIGN AN ATTRIBUTE THAT YOU WOULD USUALLY GIVE TO A PERSON. THEN TELL ME WHY?

5. MAKE A SANDWICH. REPEAT YOUR FIRST LINE WITH SOME CHANGES TO MAKE IT BETTER

HOW DO YOU FEEL NOW?

THANK YOU