



THRIVE

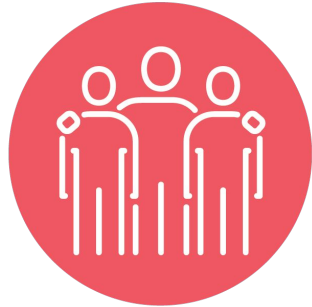
Island School:
A diverse community
where all learners thrive



Purpose



Health



Mindfull



Positivity

FEATURE OF THE WEEK



We would like your help!

- ★ Would you like to be part of the Thrive team?
- ★ Can you help contribute to the weekly wellbeing?
- ★ What are your thoughts about wellbeing?
- ★ Can you commit to a team and support the Thrive programme?

**If the answer is yes to any of these questions...
Please email Ms Trinder for more details.**



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Activities to choose from this month:

Mindful about the environment

2020 Earth Day Special. 22nd April marks the 50th Anniversary of Earth Day. How will you reduce your carbon footprint?

Positive Thinking

Being inspired can help you think more positively. Try starting a journal to record your thoughts and set yourself some goals.

Stay motivated and healthy

Motivate and challenge yourself to get fit and create more interesting meals.

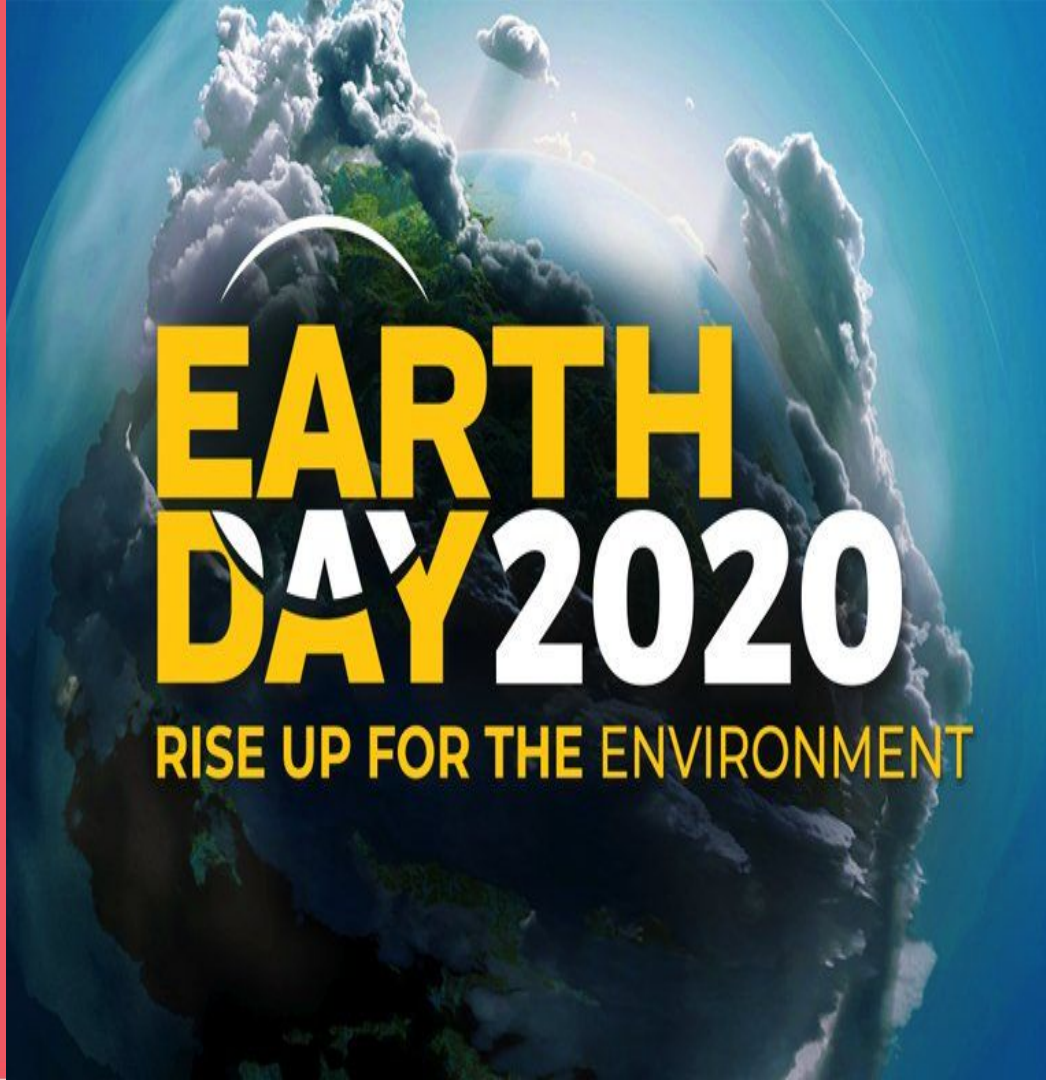
Personality- Student feature...recommended by you!

Who are you? Do you want help recognising your personality traits? Knowing this can help you!



Mindful

Mindful of the Earth!





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EARTH DAY 2020: 22nd April

The theme for Earth Day 2020 is climate action.



Inspirational

Greta Thunberg is a 17 year old from Sweden, an environmental activist who has gained international recognition for her fight against climate change.

Watch the video where she rips world leaders at the U.N. about climate change.



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Mindful of the environment.

The theme for Earth Day 2020 is climate action.



Reduce your carbon footprint at home.

- ★ Turn off the lights ! Unplug appliances when not in use. Don't leave on standby! Use low energy appliances.
 - ★ Wash laundry in cold water. Have shorter showers.
 - ★ Take the stairs not the elevator. *Fitness at home!*
 - ★ Eat less meat and dairy.
-
- ★ Shop eco-friendly and use recycled products.
 - ★ Use reusable batteries, masks and water bottles.
 - ★ Don't leave your engine on and let the car sit idle. Use the car less! Learn to ride a bike!
 - ★ Add plants to your home! Enjoy nature.....

What will you do?



Make a reusable food wrap



Positivity

Positive Thinking

IF YOU DON'T LIKE SOMETHING,

CHANGE IT;

IF YOU CAN'T CHANGE IT,

CHANGE

THE WAY YOU THINK ABOUT IT.

MARY ENGELBREIT



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Positive thinking

Positive thinking can help you to achieve your goals.



A truly inspirational story

Captain Tom Moore, a 99 year old veteran walked 100 laps of his garden to raise money for UK health workers. He set this challenge with an ambition to raise £1000 before his 100th birthday on 30th April. Inspired by his heroic efforts, he has now raised more than £12 million!



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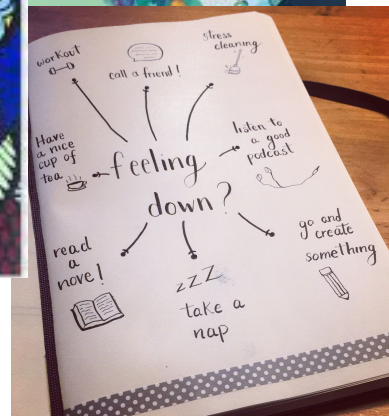
Purpose

Positive thinking

Start a positive JOURNAL to write down your thoughts to help you reflect on experiences, gain control of your emotions or set goals for the future.

Suggestions to get you started.....

- I am grateful for...
- The best part of today was...
- I feel strong when...
- I learned from this mistake...
- This makes me unique...
- A good quality I am learning is...
- I want to achieve....



Close your eyes and reflect on your day



Health

Stay motivated.....

**"THE BODY ACHIEVES
WHAT THE MIND
BELIEVES"**





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Purpose

Stay motivated...

Challenge yourself or a friend and set the goal!

Mount Everest Challenge!

1. Do you have access to steps?
2. Measure the height and length of the step.
3. Mount Everest is 8,848m. How many steps will this take?!
4. How long will it take you to reach the top?

Or choose another mountain to climb!



London Marathon Challenge.

1. How long will it take you to run 26 miles?
2. Can you set a goal to finish in a week?
3. Can you beat your friend?



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Purpose

Stay motivated...

Challenge yourself or a friend and set the goal!



Live in Hong Kong 4:00pm

The Body Coach Challenge

1. Join in for the daily workout!
2. Don't worry if you missed one... search the body coach on youtube and find the date!
3. Workout with a friend!





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Pimp your lunch!

Here are some fun videos to challenge you on making your lunches tastier and more interesting.

- ❖ Pot noodles
- ❖ Sandwiches
- ❖ Salads





Purpose

Personality





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Purpose

Personality...



Thank you for the recommendation Hailey. (9N)

Who are you??? Try this short test which measures your personality. This is very interesting but you don't have to believe everything you read!

[Personality test](#)



WHY?

- ★ To help recognise your personality traits and the skills you can offer.
- ★ This could be useful for writing applications for University or a job!

**I don't have an
Attitude problem i
just have a
personality
you can't
handle!**





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