

RELATIONSHIPS + EMPATHY



ACTIVE CONSTRUCTIVE RESPONDING (ACR)

WHY: by using ACR when listening and responding to others sharing their good news stories, you will be able to build respectful and trusting relationships with them.

HOW: people know you are interested in listening to them when you make eye contact, smile, don't interrupt and ask Tell Me More when they begin to run out of words. They will feel that you think they matter and experience the natural highs of serotonin and oxytocin. ACR is the only relationship building type of listening.

Acknowledgement: Gable, Gonzaga & Strachman

DO: when is a time you have practised ACR and tell me more?

Who are people who use ACR to make you feel that you matter?

Which resilience skill could help you?

Curiosity Week

This week enjoy making a positive difference to other peoples' lives, by creating activities using the strength **CURIOSITY**, to grow relationships with your family, friends and school community.

(Curiosity Week worksheet and Curiosity Wellbeing Award are in Individual Resources on www.learningcurve.com.au)



Acknowledgement: Seligman & Peterson

What did I achieve?

PRIORITIES/DUE DATES

21 MONDAY **REMINDERS**
eg bring sports shoes

22 TUESDAY **DUE DATES PLANNING**

23 WEDNESDAY

24 THURSDAY

25 FRIDAY

26 SATURDAY

27 SUNDAY **SCIENCE TEST**

Wellbeing Tip

Life is an adventure, care, share and dare to be your best self.



THINGS TO DO - WEEK:

March 2022

MONDAY									
TUESDAY	HOMEWORK								
WEDNESDAY									
THURSDAY									
FRIDAY									
Communication/Comments:									
Teacher:					Parent/Guardian:				

Big 5 Check In



Feel Positive?



Exercise Daily?



Eat Healthy?



Drink water?



Sleep deeply?