

**Wellbeing Builder:** Feelings and Emotions

**Wellbeing Element:** Strengths and Emotions

**Character Strength:** Gratitude

**Wellbeing Fitness Challenge:** Values Living

It is important for us to encourage students to give themselves permission to experience the full range of their emotions and not suppress them. It's a natural part of life to at times feel scared, sad or angry; it's how students handle these emotions that is the key.

Learning how to use their signature and top supporting strengths to practise positive coping strategies and positive self-talk to contest negative emotions are valuable resilience skills which need to be nurtured. Most of us can think back to times when our emotions hijacked the way we thought, spoke and acted and we regretted that we didn't contest them. Because students' good decision-making centre, the pre-frontal cortex, is not fully wired, emotional hijacking can occur when they feel under pressure from stressors.

To build students' self-regulation and social-emotional resilience to reduce the likelihood of this happening, they need to be involved in discussing positive, negative and mixed emotions and identifying the body language they show when their emotions begin to intensify.

"There are three words of success – care, share and dare." Saying