



Wellbeing

GV

SKILLS HUB

(Primary)

Week 1: Emotion Dictionary

Learn to recognise and understand emotions

Week 2: Let's Relax

Practice some relaxation skills to stay calm under pressure

Week 3: Thinking About Thoughts

Learn ways to manage tricky thoughts

Week 4: Communication Station

Build confidence in communication

Week 5: The Friendship Formula

Explore what makes a good friendship

Week 6: Bringing it all Together

A fun session reviewing everything we have covered



Well

Want more info? Get in touch.
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