

2021

Kilbreda College

A Kildare Education Ministries School in the Brigidine Tradition



YEAR 8

WEEKLY WELLBEING ACTIVITY JOURNAL

BRAVE NOT PERFECT



The Year 8 camp theme for this year is 'Brave not Perfect.' In the week commencing Monday 23rd August 2021, you will travel to the wonderful Valley Homestead located near Myrtleford for a 3-day adventure camp. During the camp you will participate in several on and off-side nature-based activities that will challenge you to overcome your fears, raise your expectations of what you are capable of achieving, work effectively within teams and have the time of your lives in the process.



What are some of your favourite memories of camp?

What do you enjoy most about camp?

Identify two goals that you hope to achieve in the lead up to camp and whilst on camp.

- | | | |
|---|---|---|
| <input type="checkbox"/> Rafting | <input type="checkbox"/> Aerial Obstacle Course | <input type="checkbox"/> Bush Dancing |
| <input type="checkbox"/> Dual Flying Fox | <input type="checkbox"/> Cycling | <input type="checkbox"/> Power Pole |
| <input type="checkbox"/> Camp Cooking | <input type="checkbox"/> Free-fall Slide | <input type="checkbox"/> Bush Survival |
| <input type="checkbox"/> Vertical Challenge | <input type="checkbox"/> Climbing and Abseiling | <input type="checkbox"/> Art and Craft Activities |

What strengths can you draw upon to achieve these goals?

“Do something today that your future self will thank you for!”

DEEP BREATH! YOU'VE GOT THIS!



How can you be more resilient?

The Year 8 camp will require you to demonstrate resilience. Resilience is the ability to recover quickly or cope with difficult, challenging, hurtful, sad or disappointing circumstances. Mental toughness is not a skill you are born with, it is a skill that needs to be developed over time.

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Change negative thoughts to positive self-talk



Learn from past mistakes



Embrace change and stay hopeful



Look for ways around challenges and don't give up



Learn some positive coping strategies



Practice problem solving skills



Accept that you cannot stop things from going wrong in life



Commit to SMART Goals



Ask for help and support



Focus on what is in your control



Try to see the funny side of life's mishaps



Keep things in perspective



Think about a time you rose above a challenge to become a stronger, more resilient person. Write about it below.

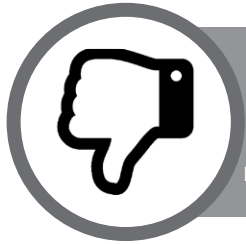
How could you improve your resilience during Semester Two?

“Resilience, perseverance and courage are critical on the extraordinary journey that is your life.”

GROWTH MINDSET: THE POWER OF YES

Psychologist Carol Dweck's growth mindset theory emphasises the importance of believing in our capacity to grow our skills and abilities, as opposed to having a fixed set of skills.

Someone with a fixed mindset



- Believes their intelligence and skills are fixed
- Gives up easily
- Fears challenges
- Takes feedback personally
- Feels threatened by the success of other people
- Fears they will sound dumb if they ask lots of questions
- Believes they can do little to change a situation

Someone with a growth mindset



- Believes their intelligence and skill set can grow
- Welcomes feedback
- Believes anything is possible if they work hard
- Looks for ways around challenges and setbacks
- Feels inspired by the success of others
- Asks lots of questions to help them better understand a situation



Describe two situations that you may experience during Semester Two where you could use a growth mindset.

Tick which of the following are examples of a growth mindset.

- I will research how to do that!
- It is a setback, but I will get around it!
- I will ask for feedback!
- That looks too hard for me!
- I will stick to what I know – what is familiar to me!
- I don't like her! She claims she doesn't study but always gets better marks than me!

Describe how using a growth mindset could develop your resilience.

“All things are difficult before they are easy!”

WORKING WITH OUR WORRIES



The Year 8 Valley Homestead Camp is a fantastic opportunity for you to develop new skills, friendships and interests. However, for some of you, the thought of sleeping away from home can make you feel worried, nervous or scared.

Some common worries about camp include:

- Not being able to sleep properly.
- Not liking the food camp will offer.
- Who you will be sharing a cabin with.
- Not enjoying the activities camp will offer.
- Feeling homesick.

Much of what happens in our lives cannot be controlled.

Worrying too much about the things we cannot control can negatively affect our wellbeing.



Sort the following into what can and cannot be controlled.

- | | | |
|-------------------------|------------------------|------------------------|
| My self-talk | How others treat me | Other people's actions |
| Other people's thoughts | My Happiness | My reaction |
| What I say | The way I treat others | Illness in others |
| My mindset | | Other people's luck |
| The weather | | Problems in the world |

Things I cannot control

Things I can control



With a little practice you can learn to manage your worries. Some common ways of handling worries include asking for help and support, talking to friends and family, exercise, positive self-talk, mindfully focusing on the present, making a to do list and getting organised and taking time away from social media.

What do you do to help you manage your worries?

“Do what you can with what you have go, whenever you can!” - **Theodore Roosevelt**

BUILDING STRONG FRIENDSHIPS, BUILDING STRONG TEAMWORK SKILLS & LEADERSHIP SKILLS



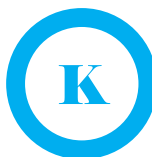
One of the best and most important lessons of camp is learning how to be a part of a team. Whether it is abseiling, completing the free-fall slide, participating in the bush dance or assisting with meal times, team environments are all around us and are a major way in which we interact at camp.

When you think about it, the people in your cabin are your teammates, too! Each person in your cabin brings something unique to the group, whether a funny personality, great listening skills, or a cool camp story. Your cabin is only as great as each person, and each person is valued for making up your cabin, the **best cabin ever!**

When we embrace this team mindset at camp, we learn to respect one another and ourselves. The teamwork skills we gain at camp end up translating to other areas of our lives outside of Kilbreda.



Create an acrostic poem for the word 'Teamwork.'



“Camp... Where strangers become friends and friendships last forever!”

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