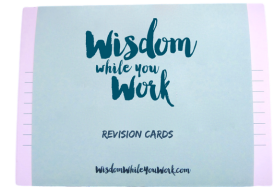




**WisdomWhileYouWork**  
AN INSPIRATIONAL NOTEBOOK



## A GUIDE FOR TEACHERS, MENTORS, TUTORS, PARENTS PSHE, PASTORAL CARE, POSITIVITY IN MENTAL HEALTH

GIVE EACH YOUNG PERSON A BOOK, CHOOSE A VALUE OR TOPIC

DEBATE THE THEMES AROUND IT

ATTACH AN EVERYDAY OCCURRENCE TO IT

WHEN DID THEY LAST USE THAT VALUE /TOPIC?

WHEN COULD THEY USE THE IT IN THE FUTURE ?

WHAT SITUATION MAY ARISE BECAUSE OF USING THE VALUE ?

HOW MAY YOU ACT /CHANGE IF YOU HAVE THAT NEW VALUE ?

HOW MAY PEOPLE CHANGE TOWARDS YOU IF THEY USE THE VALUE ?

LIST 10 VALUES OR CHOOSE THE CARDS

THINK HOW TO USE THEM IN THE WEEK AHEAD

HOW ARE THINGS DIFFERENT AT SCHOOL OR AT HOME?

WRITE DOWN ON THE RELEVANT PAGE IN THE BOOK HOW THEY USED THE  
VALUES. THEIR THOUGHTS, FEELINGS OR RESULTS.

THINK OF OTHER WORDS THAT MEAN THE SAME AS A CHOSEN VALUE  
WHAT WORDS CAN BE THOUGHT OF THAT ARE THE OPPOSITE TO THE  
VALUE THEY HAVE CHOSEN.

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