

Date	Theme	Talk Homework
07.01.19	Being motivated	What motivates you?
14.01.19	Persevering	Can you think of an example where you have persevered with something and succeeded?
21.01.19	Team Work	What qualities make good team work?
28.01.19	Positive Attitude	What does it mean to you to have a positive attitude? Can you think of an example of someone who is positive?
04.02.19	Help others to achieve their goals	How do you think helping others helps yourselves?
11.02.19	Achieve own dreams and goals	What is your dream/goal and how can you achieve it?
25.02.19	Healthy choices	What makes a healthy lifestyle?
04.03.19	Healthy balanced diet	What does a balanced diet contain?



# Connaught

## Junior School

*"Caring, Confident, Committed"*

11.03.19	Physically active	What are the benefits of physical activity for both the body and mind?
18.03.19	Keep themselves and others safe	Can you name 5 ways to keep yourself safe online?
25.03.19	Good friends	What qualities make a good friend?
01.04.19	Keep calm and deal with difficult situations	Can you think of 3 ways to keep yourself calm in a difficult situation?