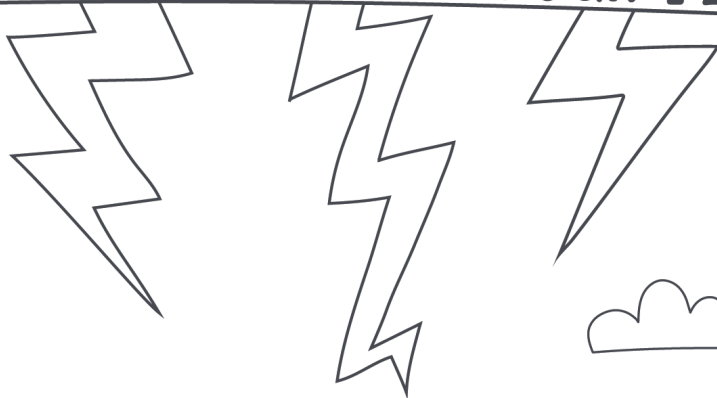


OUCH. IT HURTS.

MISSED I OUT PRIZE I DIDN'T GET THE I'M NOT GOOD ENOUGH I KEEP ON FAILING



EPISODE 5

# OUCH. IT HURTS. EPISODE

Write down the 3 character strengths needed for this episode:

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Colour those strengths in:

Perspective  
Self-Regulation  
Perseverance

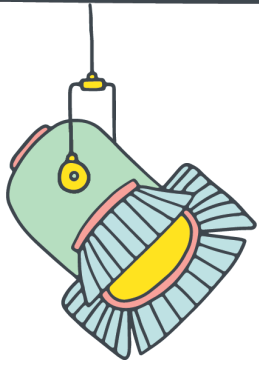
Can you think of someone with one of these strengths? Who?  
How have they demonstrated this strength?

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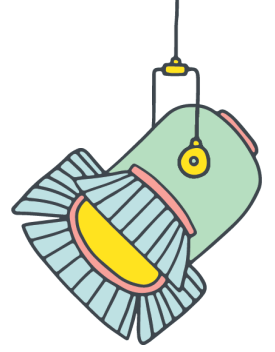
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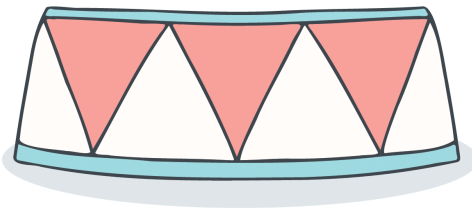
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# THE STAR OF THE SHOW IS...



Draw them down there!



Animal Name: \_\_\_\_\_

Fancy Brain Name: \_\_\_\_\_

Interesting fact about this animal is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TAKE IT TO THE EXPERTS!

Grab a microphone (or a hairbrush) and start interviewing!

Would you rather shove a chilli up your nostril or lose a game?

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Has there ever been a role you wanted, or a part in a play and someone else got it?

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How did it feel?

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What did you do?

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# DEALING WITH DISAPPOINTMENT



COLOUR IN THE STEPS FOR DEALING  
WITH DISAPPOINTMENT

You arrived! (and flexed your resilience muscle)

STEP 6:  
What can you learn about this experience for next

STEP 5:  
Practice gratitude, what are you proud of, who do you

STEP 4:  
Remind yourself that everyone misses out or fails at

STEP 3:  
Ask yourself, what is the next right thing to do?

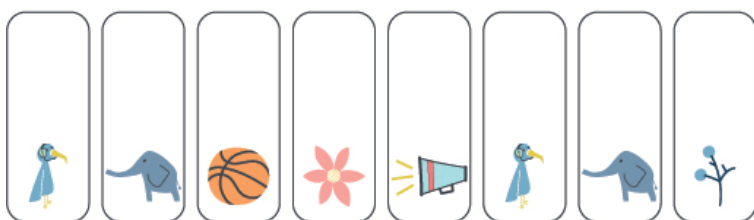
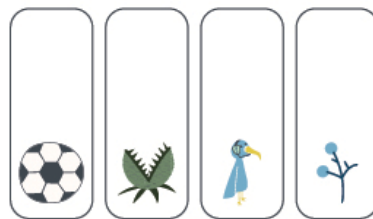
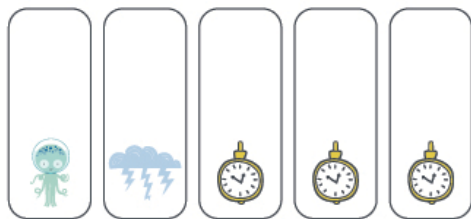
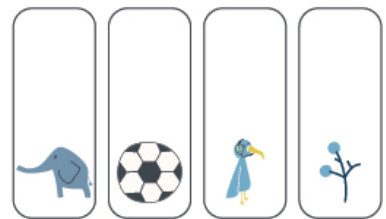
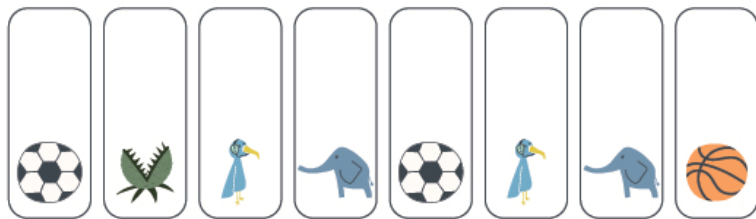
STEP 2:  
Remember you have a choice in how you

STEP 1:  
Let yourself feel whatever you are feeling.



# CRACK THE CODE!

USE THE GROW YOUR MIND ALPHABET ON THE NEXT PAGE TO UNCOVER THE MYSTERY MESSAGE!



# THE GROW YOUR MIND ALPHABET!



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y



Z



0



1



2



3



4



5



6



7



8



9



# DRAWING CHALLENGE!



Did you know that anteaters use their long skinny tongue to poke into ant hills or termite mounds to gobble hundreds of insects per minute. But get this, anteaters are very respectful hunters, they only eat what they need and never destroy a colony.

WORD SEARCH  
**OUCH**  
**THIS HURTS**



W I S E O W L I D U C K A S  
E C N G L F O I C E A T J C  
L H N R F H G T H O G T E H  
C H O I C E I N R D O G A O  
O P O T F A P H O S A R L O  
N E M I O I D D S R E S O L  
N A P J E A L O U S Y V U C  
W I N N E R S M E M B E S A  
C G S D E R O Q I S O G Y P  
P E R S P E C T I V E O H T  
I Q I T O R T M T A D E O A  
O P E R S E V E R A N C E I  
N O N S S L S J P E A J E N  
A E G R I E F T H S E O T T  
S E L F R E G U L A T I O N



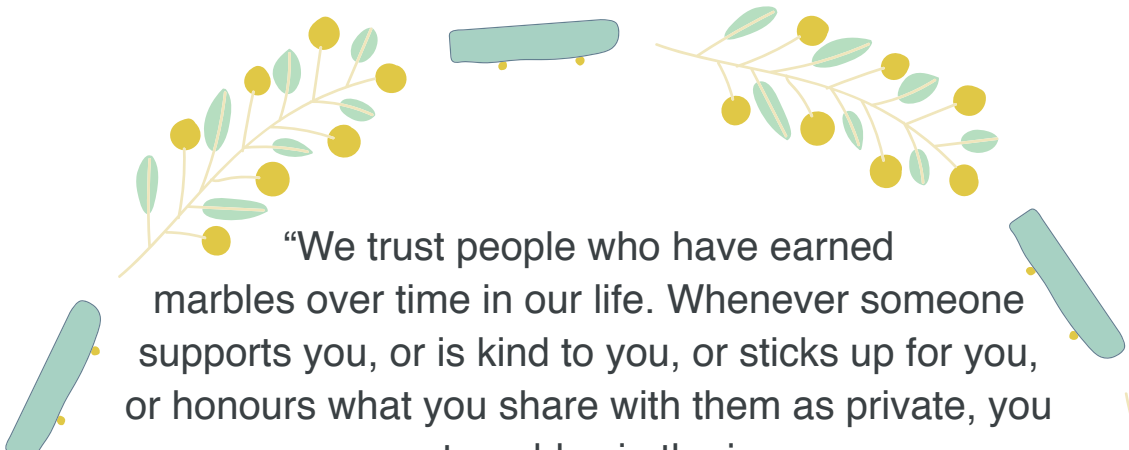
WISE OWL  
SELF  
REGULATION  
PERSEVERANCE  
PERSPECTIVE

JEALOUSY  
CHOICE  
SCHOOL  
CAPTAIN  
LOSERS






# THE MARBLE JAR FRIENDS

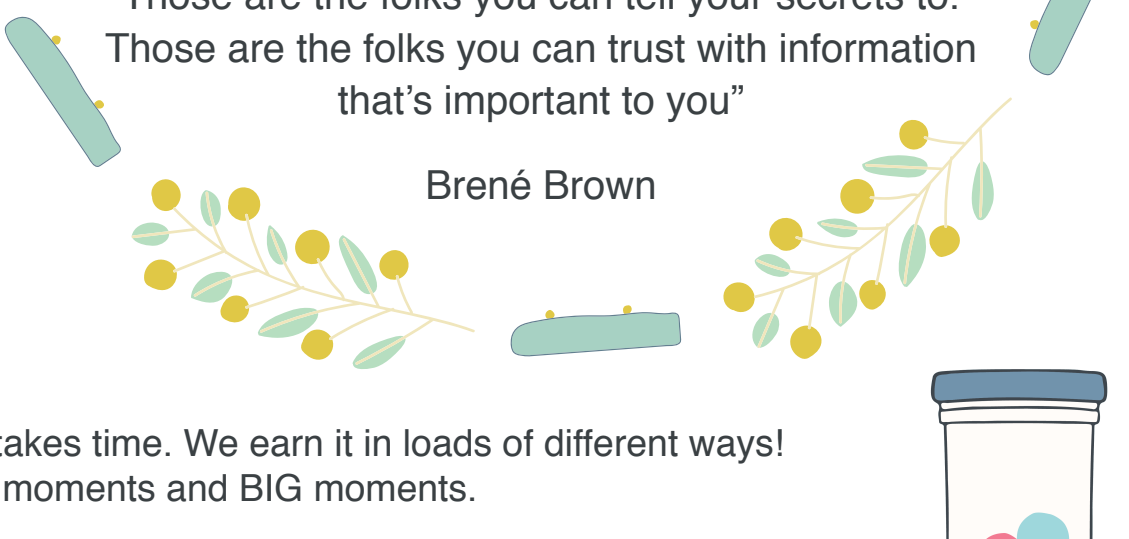


“We trust people who have earned marbles over time in our life. Whenever someone supports you, or is kind to you, or sticks up for you, or honours what you share with them as private, you put marbles in the jar.



When people are mean, or disrespectful, or share your secrets, marbles come out.

We look for the people who, over time, put marbles in, and in, and in, until you look up one day and they're holding a full jar.



Those are the folks you can tell your secrets to. Those are the folks you can trust with information that's important to you”

Brené Brown

Trust takes time. We earn it in loads of different ways! Small moments and BIG moments.

Some keys to gaining trust are when we are reliable, when we have generous assumptions, when we respect other people's boundaries, we keep secrets and we can take ownership for our mistakes and apologise. We also trust other people when they do the





# THE MARBLE JAR FRIENDS

(Courtesy of Brené Brown and educators across the globe)

## DEPOSITS:

- Keeps a secret
- Notices I am sad and asks me if I am ok
- Apologises and owns their part during conflict
- Celebrates when I do well at something

## WITHDRAWALS:

- Shares my secret with others
- Gets upset if I play with others
- Blames unfairly during conflict
- Gets angry when I do well at

What are two 'deposits' a friend of yours has

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What are two 'withdrawals' a friend of yours has

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“Trust is built one marble at a time”