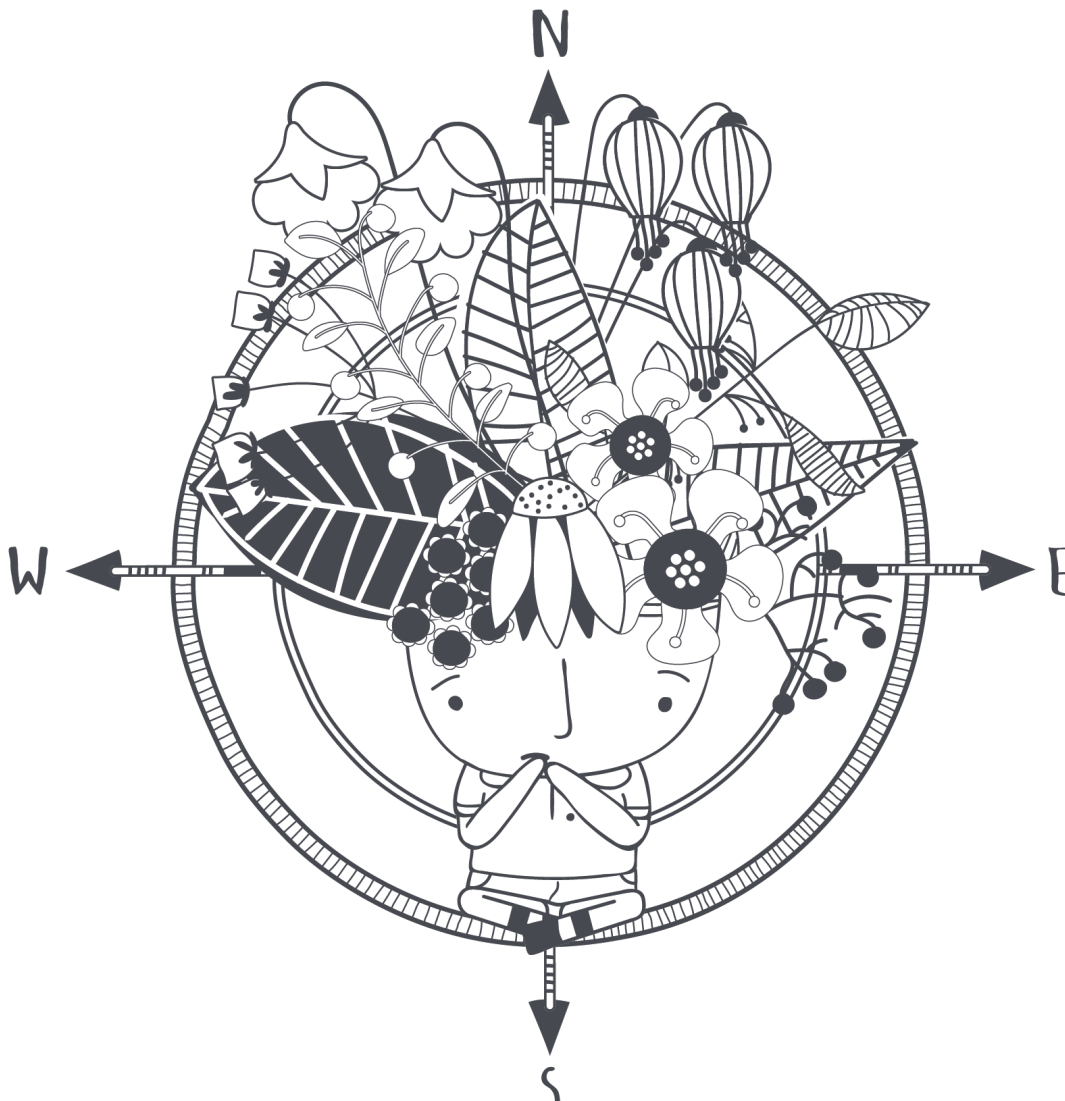
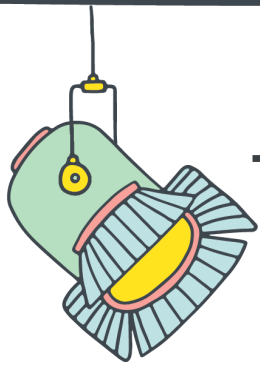


LOST IN

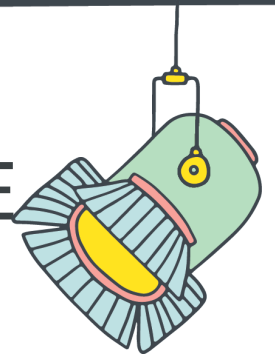


THE WOODS

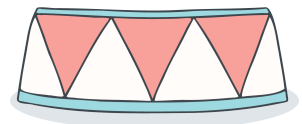
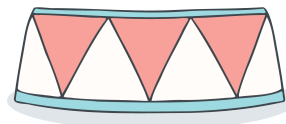
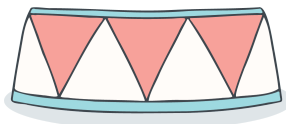
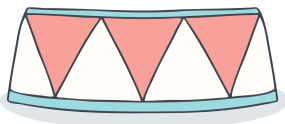
ÉPISODE 6



THE STARS OF THE SHOW ARE...



Draw them down there!



FIND OUT THE COLLECTIVE NOUN FOR

A _____ of dogs

A _____ of elephants

A _____ of owls

A _____ of
shearwaters

Which animal is your favourite? Why?!

LOST IN THE WOODS EPISODE

Write down the 3 character strengths needed for this episode:

Colour those strengths in:

Creativity
Leadership
Honesty

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

TAKE IT TO THE EXPERTS!

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

Would you rather swim with a great white shark OR say no to your friends?

What helps you make good decisions?

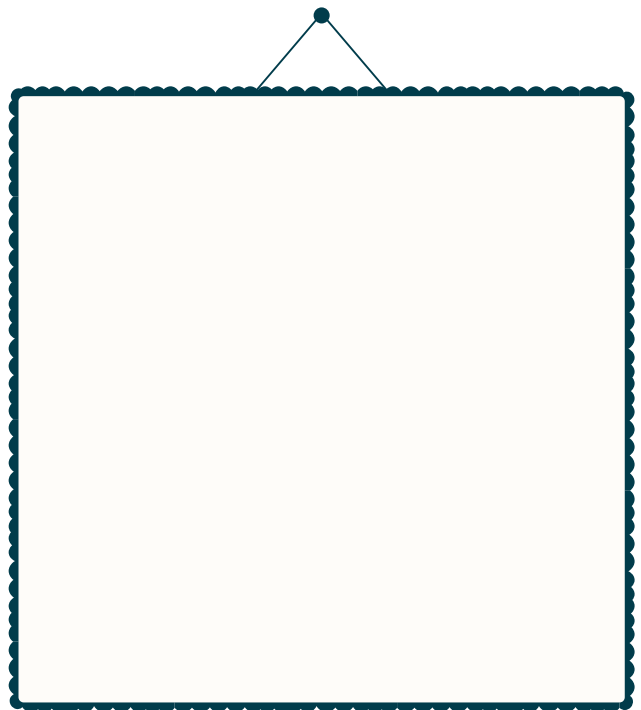
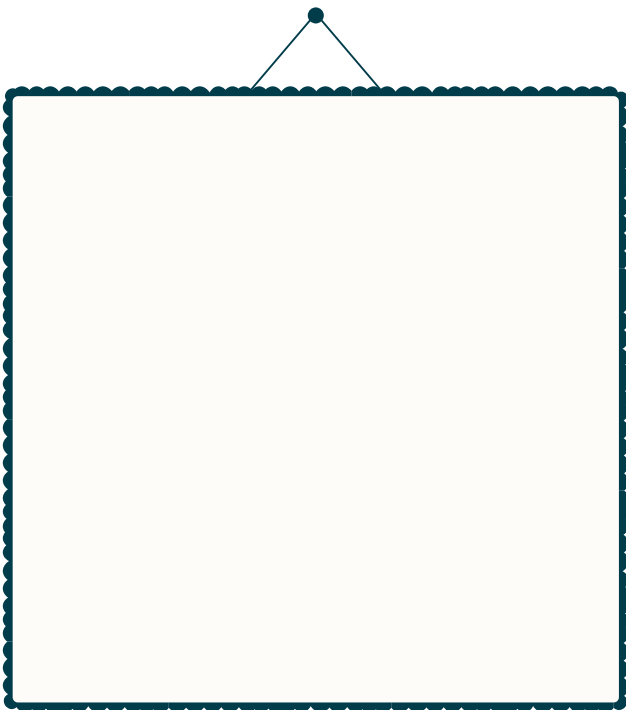
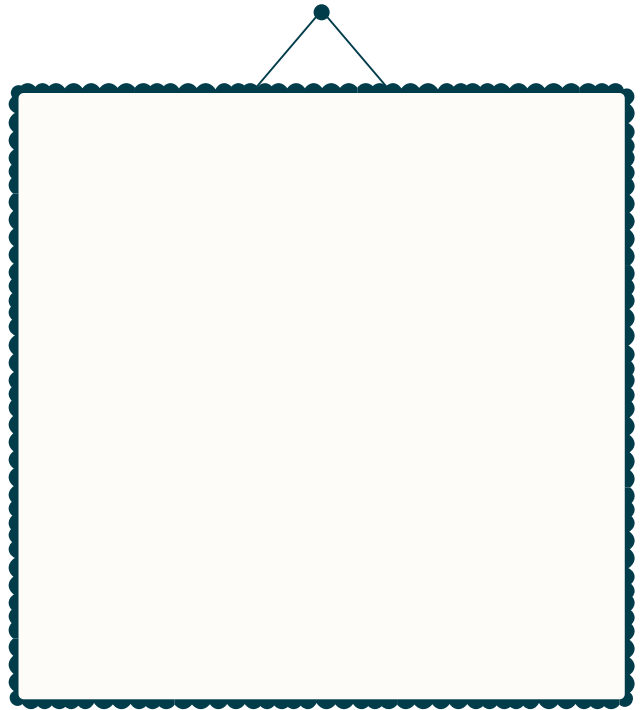
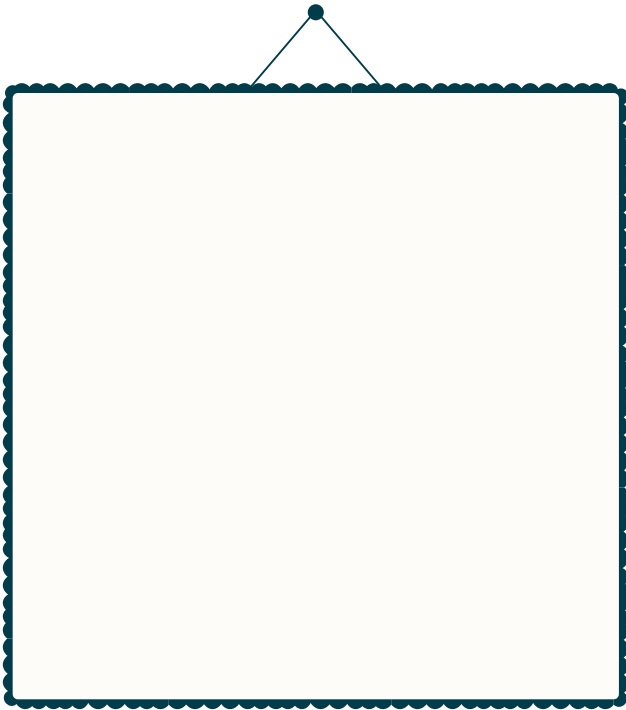
Do you feel the need to say yes to the wrong thing because everyone else is doing it? Why/ Why not?

What are your family values?

How can you help out your family and fellow school friends?

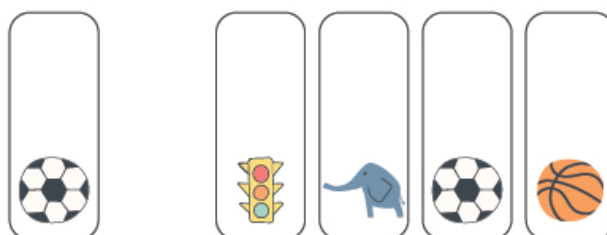
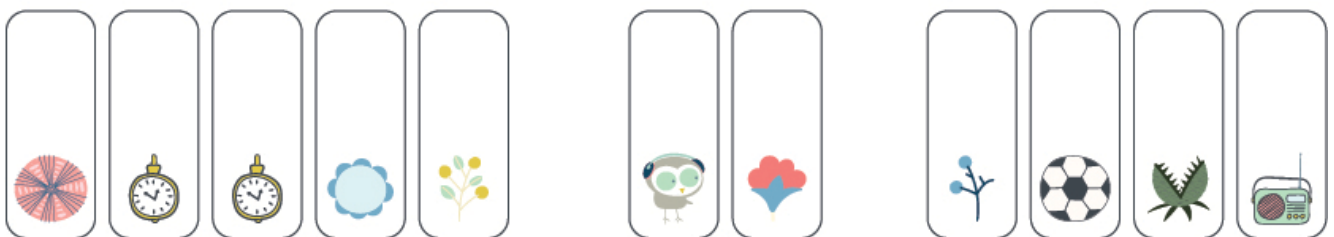
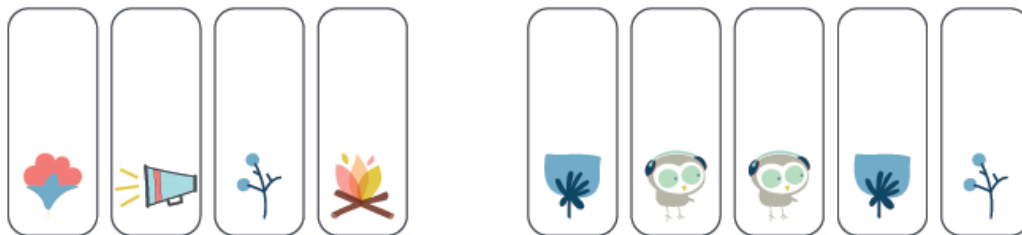
DRAWING CHALLENGE!

The 2 strangest animals that you think exist and find out a few quirky facts about each



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!



Draw a
PARROT FISH
on a
PIRATE'S SHOULDER
in 5 minutes!

A DAY IN THE LIFE OF THE BEST VERSION OF YOU!

We all have bad days - when we don't act and show up to life in

I treat my friends... _____

I help my family in these
ways... _____

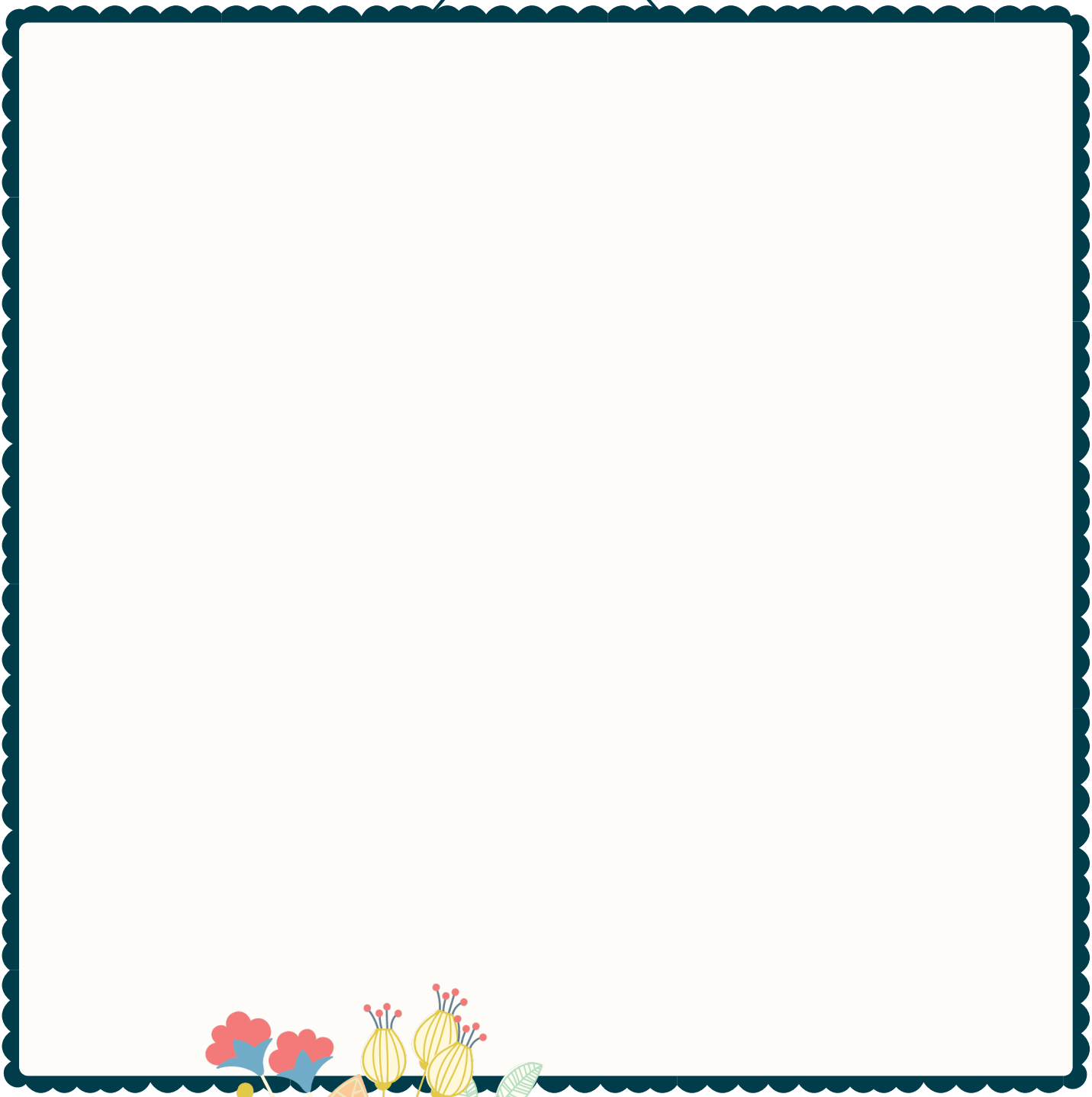
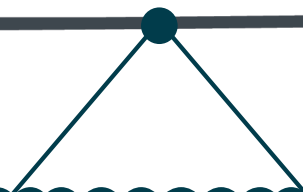
In class
I _____

During sport/music I... _____

If I see a teacher struggling to carry
something I... _____

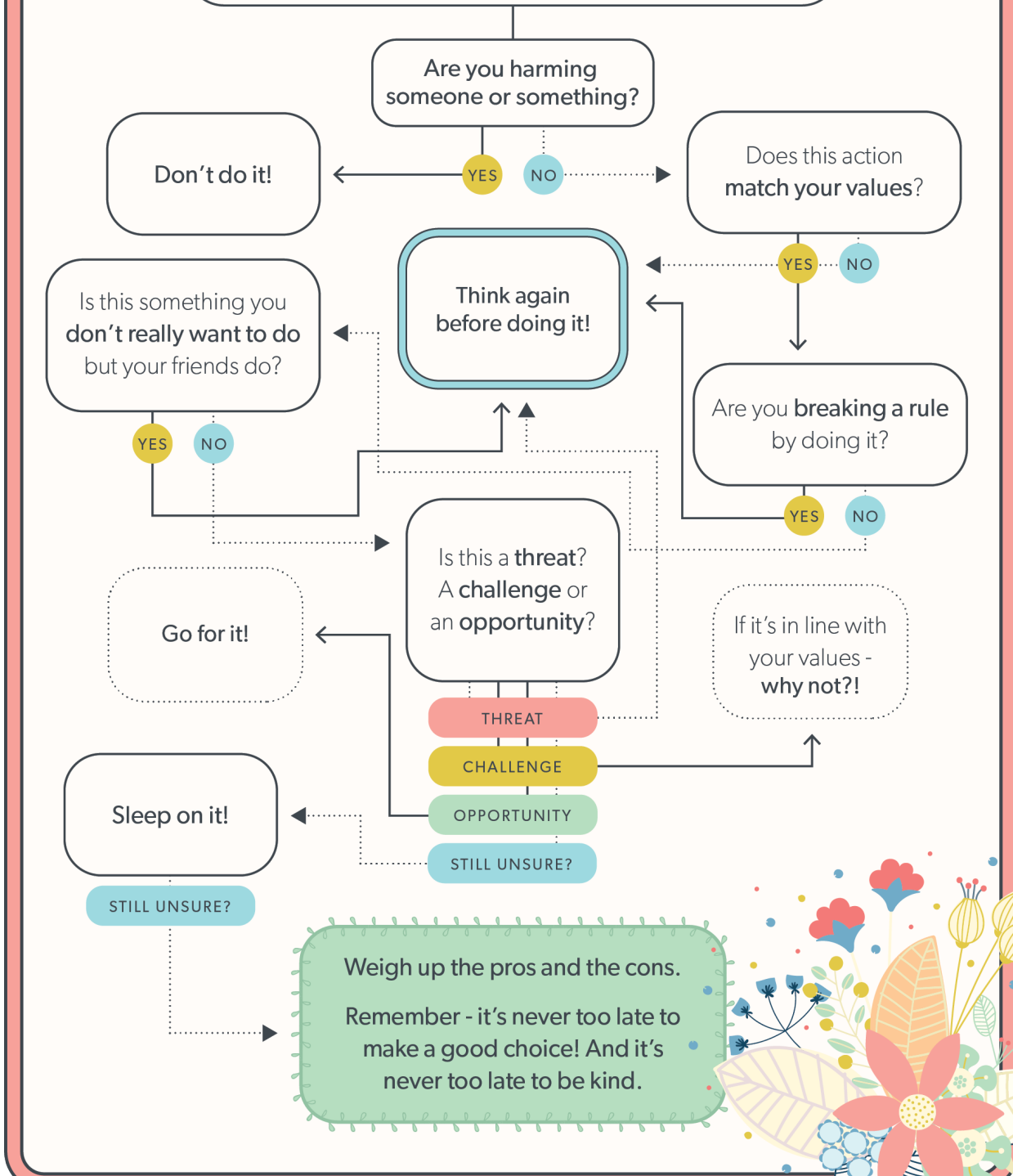
If I notice rubbish on the ground
I _____

If I have a disagreement with a friend
I... _____



Draw a picture of you
being your best self

HOW TO MAKE A GOOD DECISION



ONE LAST THING...



Which podcast episode did I enjoy or learn the most from? Why?

What is one thing you heard that you can use to help you?

What episode would you like to see on the Grow Your Mind podcast?

EXTRA CHALLENGE!

Make up a rap or song about what you have learnt during this season of the podcast and send it to

