

Note:

Each morning a need (group of needs) is introduced, with the invitation to focus on this need and strategies to fulfill it.

This is part of the reflection of the day in the afternoon.

MONDAY:

connection that I connect with people

TUESDAY:

fun perceiving and connecting to the funny sides of life; lightness

motion that I do something to get my body moving

WEDNESDAY:

self-expression that I talk about how I feel and what I need and wish

self-care that I care for myself and search support when I need it

THURSDAY:

learning that I/ we learn new things

openness that I am willing to try out new things

FRIDAY:

contribution that I support others; that I support our group project

gratitude that I show an express how happy I am about something or
someone