



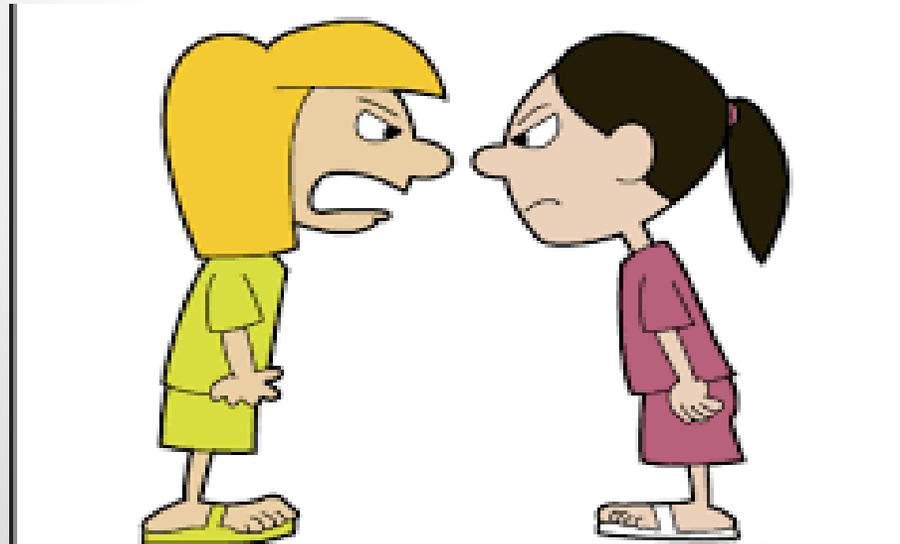
Wake Up To
Wellbeing!
Session 10



5		
4		
3		
2		
1		

- Do you remember in Week 3 of our sessions we learnt about our emotional thermometers?
- We discussed ways that we can understand how we are feeling at different times and what we can do to control our physical reactions.

Rating	Looks/Feels Like	As AHH On IN/IT On TRY Tt
5		
4		
3		
2		
1		



- When we are all inside the house nearly all the time, it is not always easy to get along all of the time.
- So that we can keep the peace and make a happier household we will all have to learn to 'give and take' a little bit.
- This is called learning to compromise!



- Everyone is different and we all think about things in different ways.
- We have our own opinions and feelings which can affect how we react to different situations.
- It could be that we haven't slept well, or maybe we are not having a good day.
- All of these things change how we handle things.
- A compromise is when everyone 'gives in' a little and an agreement is made that everyone is happy with.



- Think about a time when you may have argued with someone you live with or a friend.
- Can you remember how you were feeling at the time? You can use your emotional thermometer to help you.
- How did the argument end? What did you do to end it?
- Imagine you are giving advice to a friend who is in the same situation. What would you tell her she should do to solve the argument she is having?

5		
4		
3		
2		
1		

**CHALLENGE
YOURSELF!**

2

- Can you think of different situations that may need a compromise to be made?
- Think about day to day situations at home.
- What kind of things do you think you could do to help reach a compromise in a difficult situation?
- Write them down and share them with your teacher.