High Five Friday

Take Notice Activity

MAKING SENSE OF LIFE

Making sense of your life means: - you will be able to cope in the middle of a challenge - you will be able to learn new things in the middle of the challenge that will help you in the future - when the challenge is over you'll be able to move on and enjoy new experiences.

None of us would choose to have tough experiences, but we all have them anyway! Sometimes they are only for a short time and sometimes they are for a longer time. We are going to give you some ideas to help you make sense of your life no matter what you are experiencing right now.

Being able to make sense of our life is a really important skill to learn because it helps us to cope when we go through a tough time.

- Keep a journal - write down what happens every day and how you feel about it.
- Make a picture to show what life is like for you right now.
- Talk to someone about your day. Talk about the great things that happened and the not so great things.
- Take pictures of your life - doesn't have to be fancy. Notice and value the everyday!