CORNER NUMBER 1

|  |  |
| --- | --- |
|  | **TOPIC:** ENCOURAGEMENT  **QUESTION:**  Can you remember the last encouraging words that you said to someone?  What did you say and how did your words make that person feel? |

WEEK NUMBER 3

CORNER NUMBER 2

|  |  |
| --- | --- |
| A close up of a logo  Description automatically generated | **TOPIC:** WELLNESS  **QUESTION:**  Support systems can help us stay on track with wellness goals.  How do you support the wellness goals of the people you care about? |

WEEK NUMBER 3

CORNER NUMBER 3

|  |  |
| --- | --- |
| A close up of a logo  Description automatically generated | **TOPIC:** NUTRITION  **QUESTION:**  It’s easy to eat whatever tastes good and is in front of you.  It can take encouragement to find the foods that taste good and are really good for you too.  What nutritious foods do you like to eat? |

WEEK NUMBER 3

CORNER NUMBER 4

|  |  |
| --- | --- |
| A close up of a logo  Description automatically generated | **TOPIC:** SMILES  **QUESTION:**  What was the last thing that really made you smile?  What was so awesome about it that it made you happy? |

WEEK NUMBER 3