



DREAMING, JOY AND GRATITUDE

Gratitude
Happiness and Meaning
Dreams and Goals
Values

March-May



HAVING FUN TOGETHER

Noticing the Good
Interaction Skills
Friendship Skills
Safety Skills

August-October



ANNUAL WELLBEING PLAN

STRONG IN EVERYDAY LIFE

Character Strengths
Healthy Daily Habits
(sleep, nutrition, physical activity, media use)

January-March

RECOGNIZING MY FEELINGS AND CALMING MYSELF

Self-awareness
Mindfulness Skills
Calming Skills
Emotional Skills
Compassion Skills

October-December



JYVÄSKYLÄ



1.8.2024

