

'The Art of Being Brilliant'

Respect For All

Written by Year 5

Year 5 took part in 1 $\frac{1}{2}$ days of workshops in 'The Art of Being Brilliant'. Using what we have learnt, we are now creating a ripple of positivity across the school and beyond.



The aim of the programme was to leave a sustainable, long-term wellbeing ethos within our school, driven by ourselves, that we cascade down to the year groups below us.

The workshop helped us to understand the importance of us all feeling happy and positive and how just making these changes to ourselves can have a huge difference on our lives.

The art of brilliance is all about being your better self and starting to become a 2%er.

The average person has a total of 80 years in their life. The art of brilliance teaches us to make the most of those years being the best possible version of ourselves within that time.

Being a 2%-er

A 2%er is a person who is extra-extraordinary: they always think positively about everything. Not everyone is like this. Approximately 2% of the population of people fall in to this category.

2%ers are happy about everything they do, even schoolwork (and eating vegetables!) Being positive helps them to approach the world with a 'can do' attitude. They aim high and put their whole effort into achieving their goals. They act in spite of fear and never give up.

Being a 2%er means you are confident: you explore new things, embrace change and push beyond the boundaries of self-doubt. Choosing to be brilliant and happy are the main qualities of a 2%er.

Be a 2%er!



bouncebackability

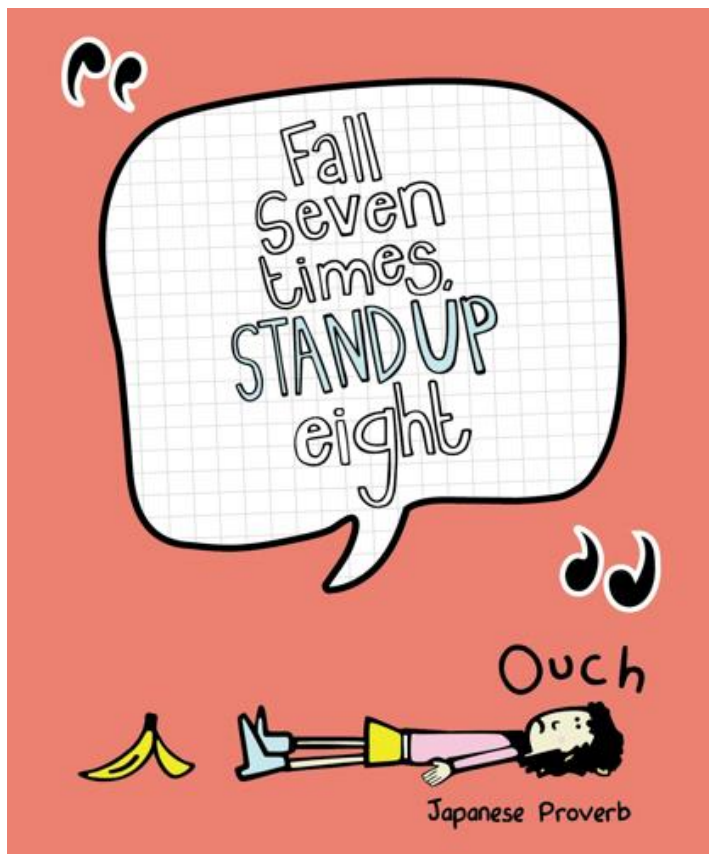
This means never give up and be resilient. You overcome any obstacle that may get in your way by bouncing back and not letting it keep you down. Bouncebackability teaches us that even if something knocks us down, we can get back up again and learn from it. This helps us to become a better person by thinking positively when faced with tricky situations.

Think: "In the scheme of my 4000 weeks, or 80 years, is this really a big deal?"

Think: "How would the best version of me deal with this situation?"

Instead of giving up, we will try a new strategy. If something is too hard, give yourself time and try harder.

Bounce back from a negative and stay positive.



Do you know what the proverb means?

Let us tell you. Life is like a rollercoaster: there will be lots of ups and downs. Life is a meandering road of different turns trying to throw us.

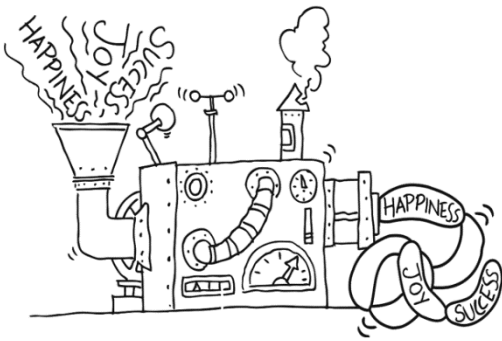
When something knocks you down, you need to get back up and persevere. That means that when you don't succeed, you try and try again. Every time you fall (or things don't go how you want them to) get back up and try again. Eventually, you will succeed. You will be free from your worries.

And that's what it means – get back up and try again as many times as it takes until you succeed!

Moodhoovers

A moodhoover is a person who thinks that life is boring and never wants to be happy. They are the opposite of a 2%er. These people rate life as boring and unhappy. Moodhoovers gather bad feelings and complain about EVERYTHING. They never smile; they are lazy and moody. They are given the name moodhoovers as they suck and drain all the happiness out of the people around them.

All moodhoovers are afraid of change and are scared to do new stuff. Our aim is to turn moodhoovers into 2%ers: for everyone to embrace the positives of life instead of sucking it out of others around them!



The Sausage Machine

With 'The Art of Brilliance' we learnt that life is like a sausage machine. What we put into our lives has an impact on what we get out from it.

If we are moody, sassy and have an attitude, we will be greeted by others who show us moodiness and attitude in return.

Instead, if we choose to add positivity, happiness and success into our life then we will succeed. We will be happy and surrounded by positivity. If we show respect to others, we will earn respect back.

This thought process has helped us to see that to become successful we need to be in charge of what we put into life. If you put happiness into your life, others will recognise the effort you are putting in to becoming your best self.

HUGGs
Huge
Unbelievably
Great
Goals

You are probably wondering what HUGGs are. Well, **HUGGs** are **Huge Unbelievably Great Goals** for the future.

HUGGs are not only about setting yourself a goal for the future, but also identifying steps that you will take to get there.

Goals can be broken down into smaller steps that you can take in order to achieve your ultimate goal.

These goals may include the following qualities:

- ✓ Try to be a 2%er
- ✓ Remember that you have bouncebackability
- ✓ Choose to be positive
- ✓ Choose the ingredients for your sausage machine of life carefully

Always be positive and your best self so that you can always achieve your goals.



Today we are holding a 'Be Brilliant' day in school where we will share all these messages across the other year groups and encourage others to be 2%ers!

In a few months time, the people who came in to lead the workshop will be coming back to complete an inspection!
They want to look at all the hard work we will have done to ensure that we are a happy and positive school.

