



WELLNESS WEDNESDAY

What is intellectual wellness?

Let's talk about it.

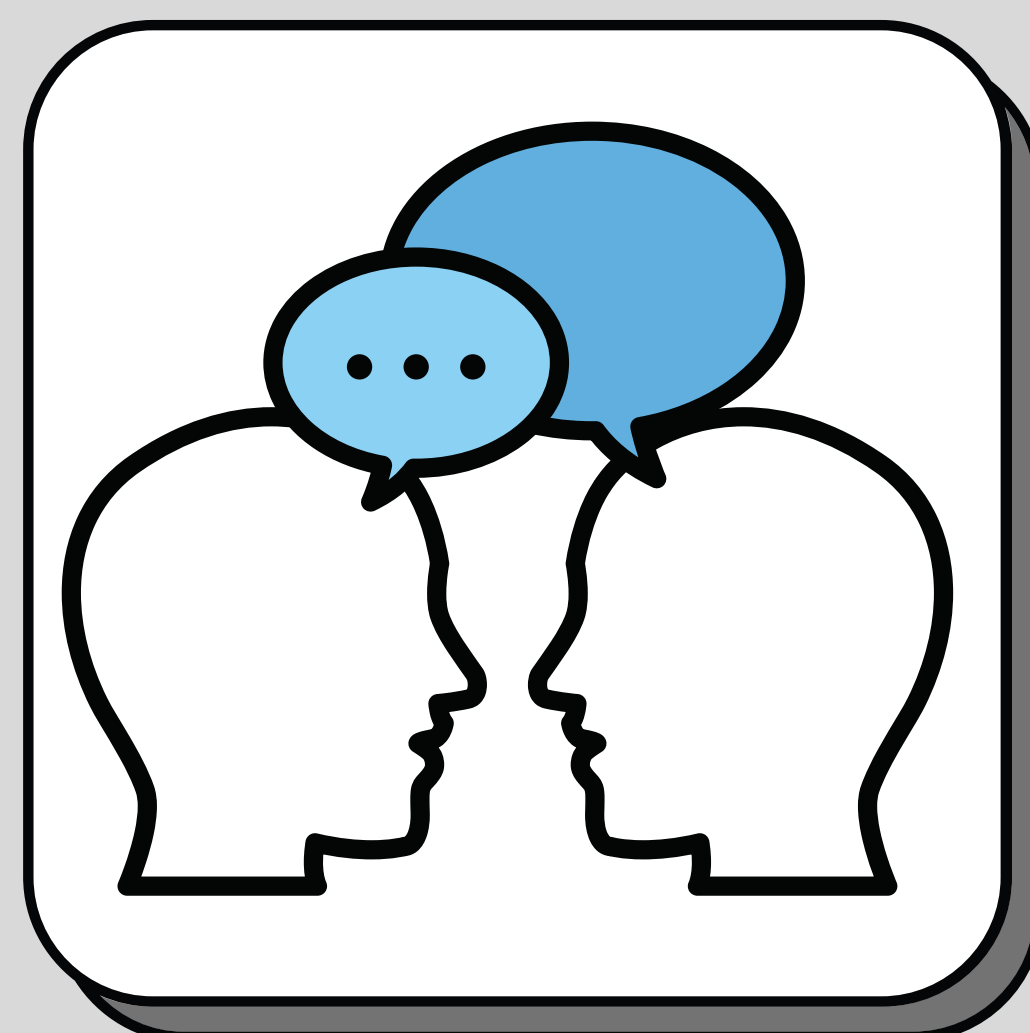
Intellectual wellness refers to your ability to think critically, be creative and to be open minded towards to others opinions as well as new ideas.



Practice **time management** by keeping track of your priorities. Making to-do-lists help ensure tasks get done.



Participate in conversations, ask questions and reflect. These techniques play a role in **critical thinking**



Be open minded and **expose yourself to new ideas and beliefs**. Practice active listening while others are speaking.



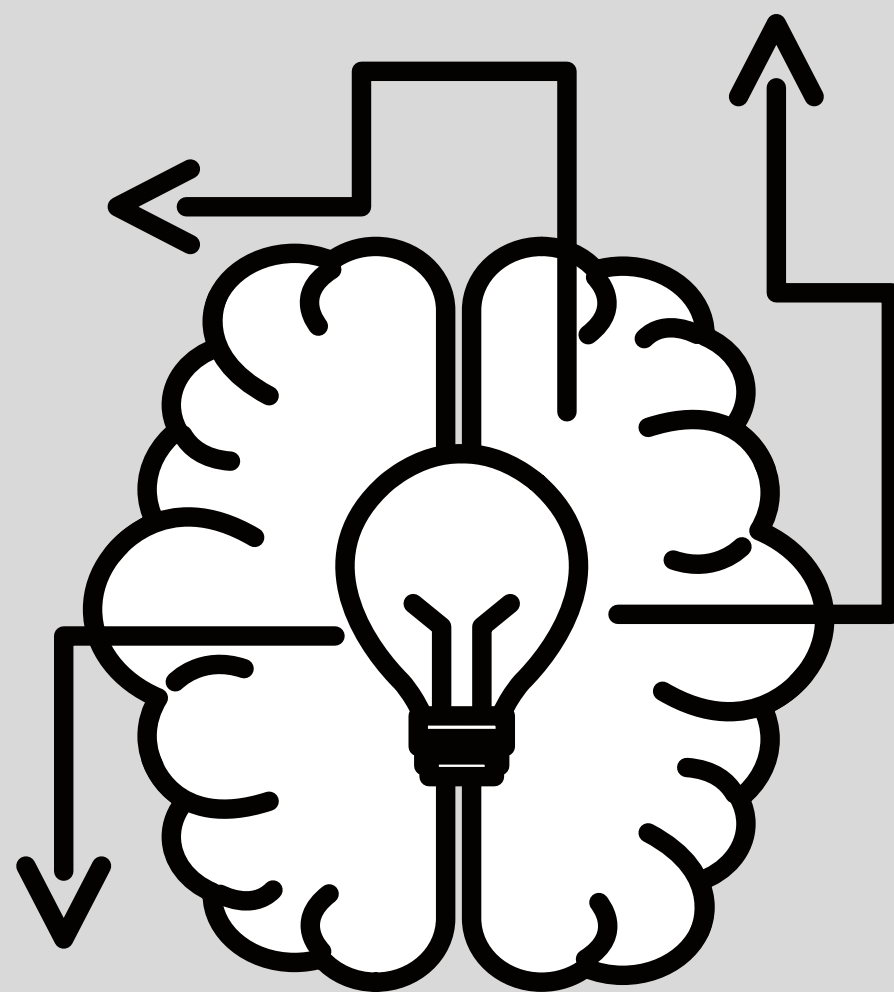
Become more self-aware by staying true to yourself and acknowledging your values.



Learn new skills and engage in mentally stimulating activities to allow for personal growth.



Explore your creative side by taking part in arts and cultural activities.



Intellectual Wellness Videos For Kids

Intellectual Wellness

Time Management for Kids

What is Critical Thinking?

Self Awareness for Kids