



Finding Your Inner Drive

In wellbeing assembly this week, we learnt about salmon. Salmon embark on an incredible journey to reach the place that they will lay their eggs. They travel hundreds of miles, swimming against powerful currents, leaping waterfalls and avoiding dangerous predators such as bears, who love to eat salmon.

Salmon show incredible **inner drive** to keep going in the face of difficulties: they never stop until they reach their goal.

Determination is working towards a goal no matter how difficult it is. The more you overcome obstacles, the more confident you become.

You might need to show **determination** and find your **inner drive** when:

- You are learning a new skill
- You are doing a physical challenge such as walking up a steep hill or walking a long way
- You are learning something new in school
- You are playing sports
- You have set yourself a goal to have a healthier lifestyle.

Turn negatives into positives

Learn from obstacles – see them as learning opportunities.

Don't be afraid to ask for help.

Try to stay positive when talking about your obstacles.