



Wake Up To
Wellbeing!
Session 11





- Responsibility is a big word.
- What do you think it means?
- Responsibility involves making decisions, being trusted, and learning to take credit for one's actions -- whether good or bad.
- Taking responsibility is not just about how the choices you makes affect you, but also how those choices and actions affect others.

RESPONSIBILITY

starts with **ME**

- We are able to take responsibility for our thoughts, feelings, words and actions.
- We are able to take responsibility for keeping our bedrooms tidy, keeping on top of our school work, or even a specific chore at home.
- We can even take responsibility for looking after a brother or a sister.



- What are some of the things that we can take responsibility for while we are at home?
- If you take responsibility for these things, how do you think that can help you or those around you?

**CHALLENGE
YOURSELF!**

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- Can you think about what would happen if we didn't take any responsibility for anything?
- What do you think the consequences would be?
- Create a short story in which your chosen character doesn't take any responsibility for their behaviour.
- Using the same character, can you then create a story where they do take responsibility for their behaviour or action.
- What are the main differences?