



# DOVER COLLEGE

## #ONLINE

## #GROWINGMINDS

Well-being? Mindfulness? Resilience? You've probably heard all of these words at school or at home recently but what do they mean and how do we 'get' them?!

Growing Minds is for all young people, you might want to develop self-confidence, self-awareness and understanding of how to be a successful learner and this course will see you taking away a knowledge of how to keep yourselves emotionally healthy with a variety of 'tools' at your disposal.

This online course will help you learn how the brain works and take part in activities to strengthen mental health and well-being. You'll be able to use your creative skills to journal your thinking, take photographs and make things. It provides the building blocks for understanding and developing a growth mindset and each course will be individual to you and will become what you make it!

<https://www.dofe.org/opportunity-finder/article/growing-minds-online-well-being-and-mindfulness-course/>