



-Credit Management

-How am I feeling?

-Self esteem Bucket

-The Biggest Loser

-Pros & Cons of Smartphone

Usage

-How am I feeling?

-Friendship Flower

-The Biggest Loser

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laQues

-Side Hustles & Cash Flow -Happy Happy Happy -Let's Talk about Countries -The Biggest Loser	Podcasts -Happy Happy -Healthy Drinks -The Biggest Loser	-Physical Health -Happy Happy Happy -Wellness Walking Group -The Biggest Loser	-Volunteering or Giving Back -Happy Happy Happy -DIY Stem Catapult -The Biggest Loser	-Fun Friday -Happy Happy Happy -Chocolate Chip Dip -The Biggest Loser
-Avoiding Debt -Healthy Living Skills -Sink or Float Experiment -The Biggest Loser	-Trouble Shooting -Healthy Living Skills -The Odd One Out -The Biggest Loser	-Workplace Workout -Healthy Living Skills -Wellness Walking Group -The Biggest Loser	-Overcoming Self-doubt -Healthy Living Skills -Musical Chairs -The Biggest Loser	-Fun Friday -Healthy Living Skills -Tacos with Tharrin -The Biggest Loser
-Money in Relationships -Coping Skills -Telephone -The Biggest Loser	-Translation Apps -Coping Skills -Dancing Rainbow Popcorn -The Biggest Loser	-Mindfulness -Coping Skills -Participant Council -The Biggest Loser	-Self-Discipline -Coping Skills -Let's Talk About Social Media -The Biggest Loser	-Fun Friday -Coping Skills -Bunny Bait -The Biggest Loser
-Saving -What are my interests? -The Biggest Loser	-Creating a Newsletter -What are my interests? -The Biggest Loser	-Expressing Appreciation! -What are my interests? -The balloon that inflates itself -The Biggest Loser	-Resilience in the face of adversity -What are my interests? -Reduce, Reuse, Recycle -The Biggest Loser	-Fun Friday -What are my interests? -Spaghetti with Sarah -The Biggest Loser
28	29	30		

-Sleep Disorders

-How am I feeling?
-Coke & Mentos Eruption

-The Biggest Loser