Critical Thinking

- Reflect
- Decide
- Judge
- Question

Problem Solving

- Explore
- Solve
- Plan
- Persevere

Managing Information

- Share
- Sort
- Use
- Find

Creativity and Innovation

- Imagine
- Resourceful
- Rules
- Create
- Risks
**PLAY on Wellness**

Explore strategies

Plan different solutions

Persevere through challenges

Solve through PLAY

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**PLAY on Wellness**

Question what is fair

Decide ways to move forward

Judge right and wrong

Reflect on thoughts and actions

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**PLAY on Wellness**

Imagine possibilities

Create new things

Change the rules

Evaluate risks

Be resourceful

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**PLAY on Wellness**

Find information in many places

Sort to make connections

Share what is learned

Use information in meaningful ways
**PLAY on Wellness**

**Contribute** when working as a team

**Support** yourself and others

**Trust** healthy relationships

**Compromise** to find solutions

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**PLAY on Wellness**

**Share** thoughts and feelings

**Intentionally listen**

**Clarify** when you misunderstand

**Consider** all voices

**Respect** the message

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**PLAY on Wellness**

**Recognize** talents

**Set** goals

**Make healthy choices**

**Be mindful** and live in the moment

**Safe** behaviours

**Relationships** that support positive growth

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**PLAY on Wellness**

**Take action** to contribute to healthy communities

**Consider the consequences**

**Value** community

**Belong** to different groups in your environment

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*Logos and text for Play on Wellness and Alberta Regional Consortia*