

Act of Kindness

Tell someone that
you love them!

Mind to be Kind

Theme of the Week: Patience #Learningthatinspires.

Our values



Our Values:

Dreaming big

Rewarding effort

Leading together

Respecting each other and our world

Learning that inspires



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We are all in this together



- Well done. We have survived our first week of a national lockdown.
- We are getting used to the constraints of social distancing and self-isolation.
- To help you through these difficult times, we have put together some more ideas that might be helpful.
- Together we can get through whatever the coming days, weeks and months may throw at us. Please be patient.



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Be kind to your mind



- During this extraordinary time in your lives, things have changed, things are different and so it will become very important to be kind to those around us.
- Also, you need to be kind to yourself and be kind to your mind.
- This may take some time to establish so be patient.
- Patience is calmly accepting that things can happen in a different order than the one you have in your mind.
- Patience is when you're supposed to be angry or frustrated but you choose to understand.



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What are you grateful for?

Task

- Write your own list of things you are grateful for.

Grateful for:

Being alive
Being healthy
Sunny days
Watching the sun rise/set
Good music

School community challenge



- Coming soon, we will be asking you to submit videos of yourselves showing off your sporting skills.
- Record yourselves demonstrating kick ups, scoring skills, juggling, handstands, gymnastics or any other sporting skill (it only needs to be a few seconds long).
- The best videos will be shared on our Facebook page. Keep checking for info.
- Come on, let's do this!



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Wellbeing



Be active



Connect



Give



Keep learning



Take notice



- Maintain a routine – plan out what you will do each day.
- Remember the basics – eat healthy foods/keep hydrated.
- Keep moving – 30 minutes of exercise.
- Manage your time – make a to-do list e.g. learn to sing, get enough sleep.
- Mindful colouring – sketch/draw a picture and colour it in.
- Music – listen to some calming or your favourite music/write a song or poem.
- Keep a journal – write down how you are feeling.
- Control – 3 things in your control: your thoughts, your dreams & your actions.
- Laughter – tell a silly joke, play a silly game or watch a comedy.

Wellbeing tip of the week



- **Patience is caring, patience is kind, patience will help to calm your mind.**
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>



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What are you anxious about?

Task

- Write down any anxious thoughts you may have.
- Now walk away, leave them and do some exercise.

A few hours later:

Write down if what you were anxious about actually happened, whether it was as bad as you expected and what you did to cope with the situation.

LET'S GET TALKING



- Do a virtual lunch date with friends and family
- Set the table
- Video call friends or family
- Talk
- Laugh
- Eat
- Enjoy



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Weekly Puzzle Corner - Wordsearch



Wordsearch

Soup

BISQUE
BORSCHT
BOUILLON
BROTH
CARROT
CHICKEN
CHOWDER
CROUTONS

Can you
complete this in
5 minutes?

Weekly Puzzle Corner - Split words

I ER EXT NGU ISH

F F IRE PROO

MM ND CO A

EA FI LA RM R

This is an anagram game. You are given a theme along with a group of words whose letters are jumbled. To solve the puzzle, the letters must be rearranged to display the correct word.

Theme: FIRE FIGHTING

Positive Quotes



- If you have to choose between being kind and being right, choose being kind and you will always be right.
- Being kind is classy.
- Don't be pushed around by the fears in your mind, be led by the dreams in your heart.
- Be mindful even if your mind is full.
- If the words you spoke appeared on your skin, would you still be beautiful?



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