Act of Kindness

Tell someone that you love them!

Mind to be Kind

Theme of the Week: **Patience** #Learningthatinspires.















Our values











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 selfisolation.
- 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.







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.









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!















Wellbeing













- 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/tipsfor-everyday-living/wellbeing/wellbeing/







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.













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







Weekly Puzzle Corner - Wordsearch



٧	В	R	0	Т	Н	R	Е	D	W	0	Н	С
E	M	Ι	Ν	Ε	s	Т	R	0	N	Ε	٧	Ρ
G	Z	Q	С	T	0	R	R	Α	С	D	U	Α
Е	L	S	D	Н	В	Т	О	L	G	0	G	R
Т	С	Ι	s	1	1	Н	Α	N	s	В	Α	s
Α	1	R	s	Ε	С	С	1	T	0	Ε	Т	N
В	N	Q	0	Α	R	М	K	U	0	0	Н	1
L	U	Ε	Р	U	R	С	1	Ε	М	Р	С	Р
E	Ρ	Z	Ε	Α	T	L	R	Α	N	Ε	s	N
L	Α	Ε	W	R	L	0	Т	Ε	Α	L	R	0
G	s	Ε	Α	0	U	О	N	D	Т	D	0	0
D	Ε	N	Ν	1	Т	Т	1	s	Α	Α	В	Ρ
Е	Р	U	M	Р	K	I	N	L	G	L	W	s

Wordsearch

Soup

BISQUE

BORSCHT

BOUILLON

BROTH

CARROT

CHICKEN

CHOWDER

CROUTONS

Can you complete this in 5 minutes?



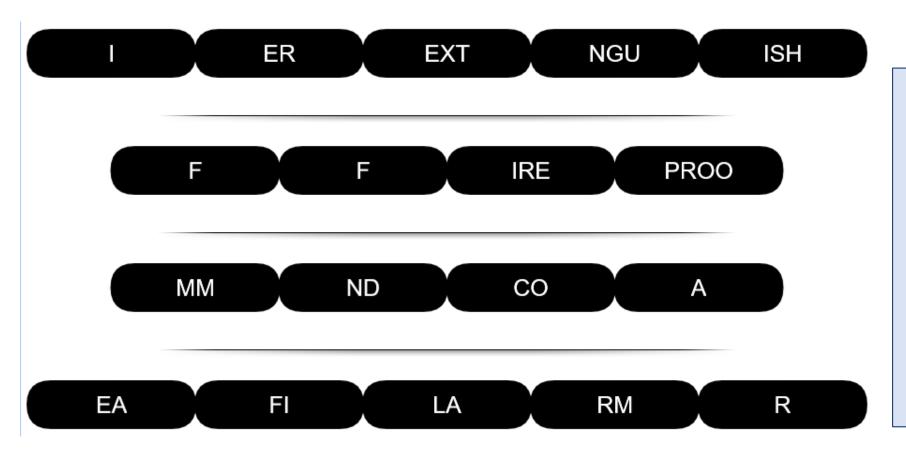






Weekly Puzzle Corner - Split words





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?





