



My Strengths Toolkit

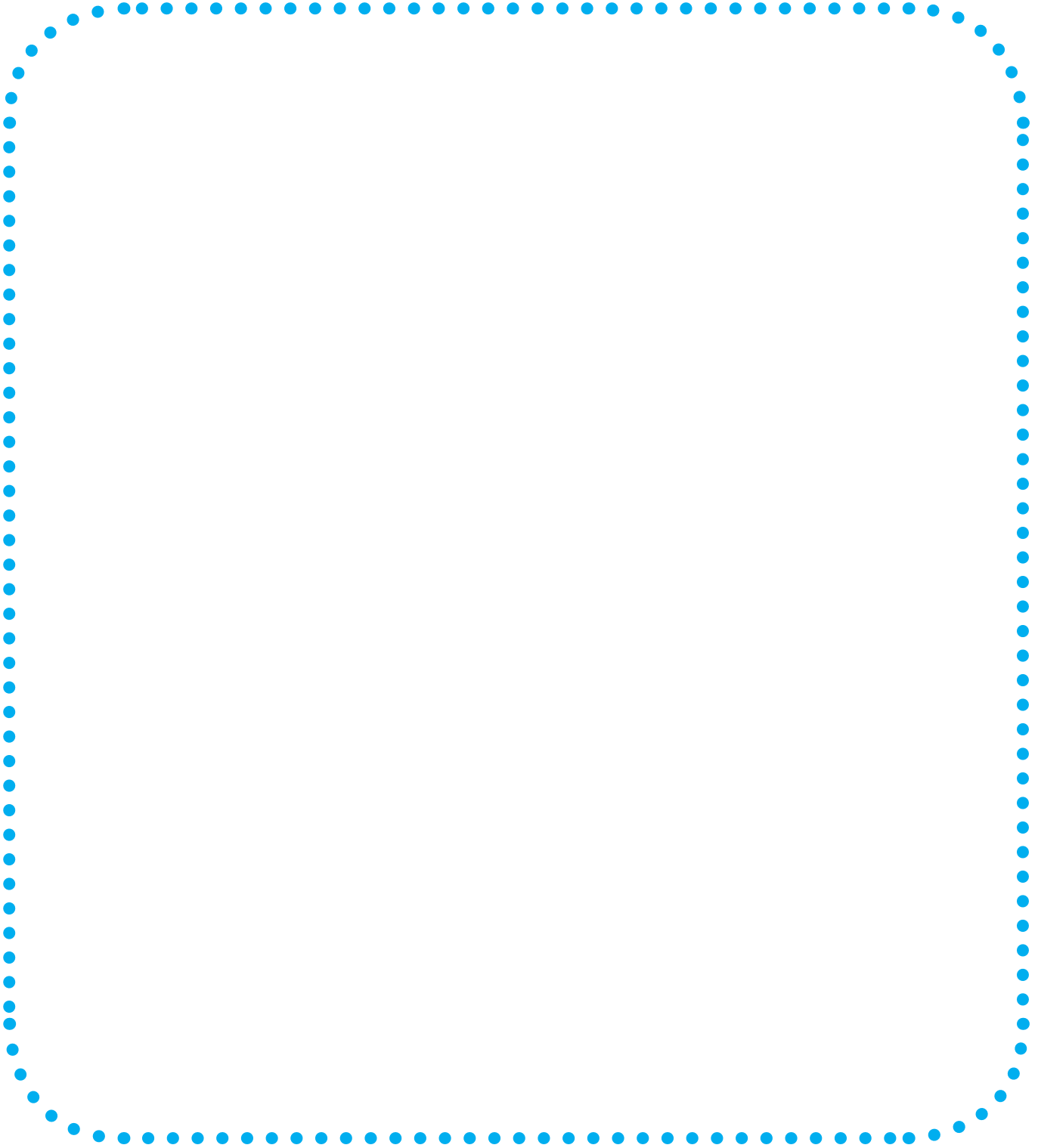


NAME

**START
DATE**

**END
DATE**

**During my extra time
at home I will...**



Don't forget to wash your hands!

GOALS!!!

I AM GOOD AT

My goal for this week is...

What will I improve?

How will I make these improvements?

If my plan doesn't work what will I do?

**Don't decrease the goal,
Increase the effort**

Compliment Yourself

Let's be honest.... You rock! There's a lot about you to compliment. Building your confidence means recognizing that you are great.

List at least 5 compliments about yourself. If you are struggling with this, try to ask yourself, "What would a friend say about me?"

1.

.....

2.

.....

3.

.....

4.

.....

5.

.....

The most important relationship you have, is the one with yourself.

What should I do to prevent spreading the virus



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues
(then wash hands)



If you don't have a tissue
use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Healthy Body Healthy Life

Looking after my Personal Hygiene

1. Skin temperature is the same all over our body.

TRUE

☐

FALSE

☐

2. All germs are harmful.

TRUE

☐

FALSE

☐

3. To avoid catching a cold you should wash and dry your hands regularly

TRUE

☐

FALSE

☐

4. You should change your underclothes every day.

TRUE

☐

FALSE

☐

5. You should brush your teeth twice per day.

TRUE

☐

FALSE

☐

This text is not correct: There are no full stops, commas or capital letters!

Correct it by:

- Colouring yellow the letter which should be capitals:
- Adding full stops and commas in red.

always wash your hands before eating to avoid swallowing germs hands get covered in germs when we play or touch dirty things these germs can make you ill babies sick people and old people are very vulnerable to germs also hide in clothes so don't forget to change them regularly especially pants and socks.

A healthy smile is a beautiful smile

(Answers: F,F,T,T,T)

Wordsearch

Find the words in the table below.

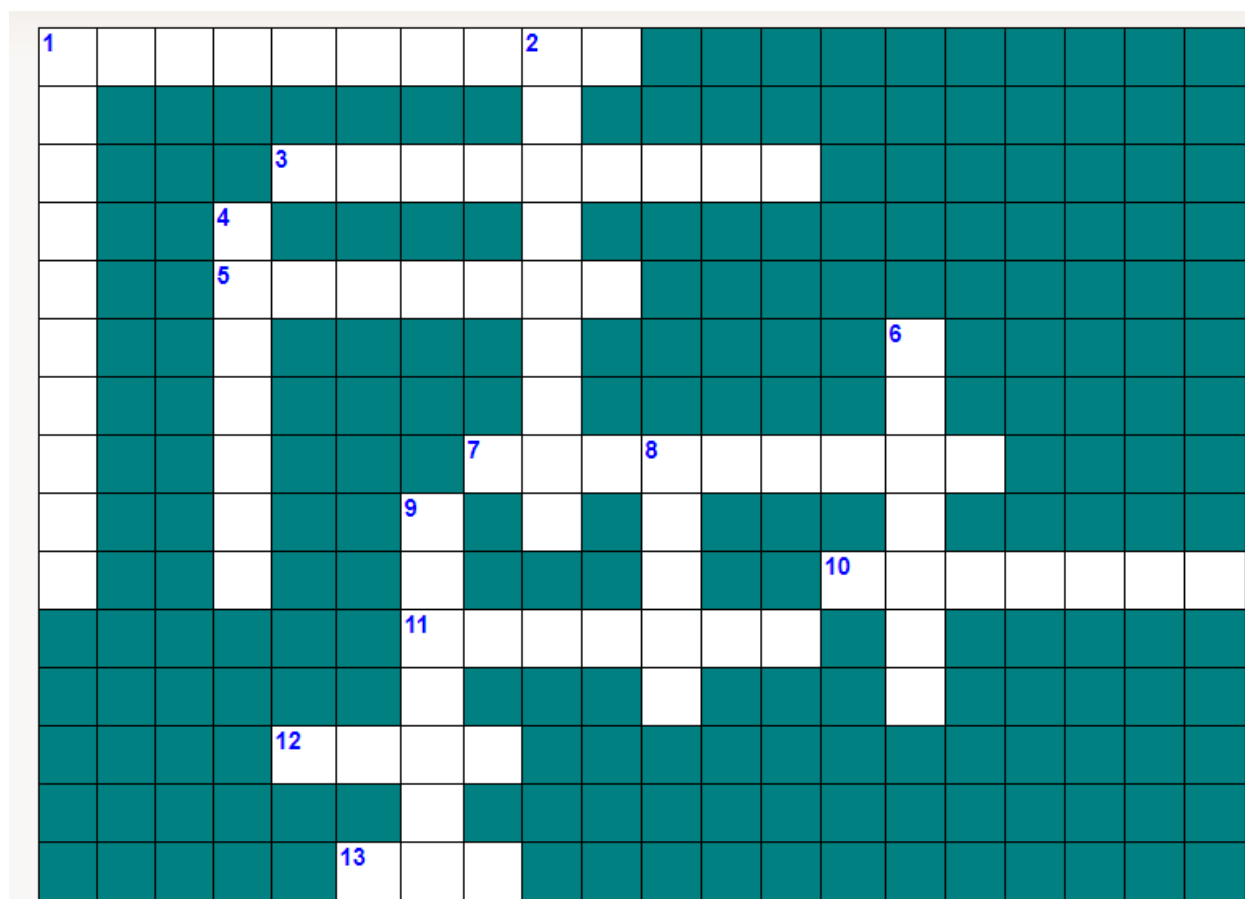
S	S	E	R	D	W	E	A
O	G	F	T	H	A	I	R
A	E	O	H	A	S	F	M
P	R	O	T	N	H	I	B
N	M	T	S	K	I	N	L
O	S	T	E	Y	N	G	O
S	C	O	M	B	G	E	O
E	Y	E	B	E	A	R	D

ARM
BEARD
BLOOD
COMB
DRESS
EYE
FINGER
FOOT
GERMS
HAIR
HANKY
NOSE
SKIN
SOAP
TOE
WASHING



Don't forget
to take
time to
yourself
and relax...

All the answers to these clues are school subjects...



Across:

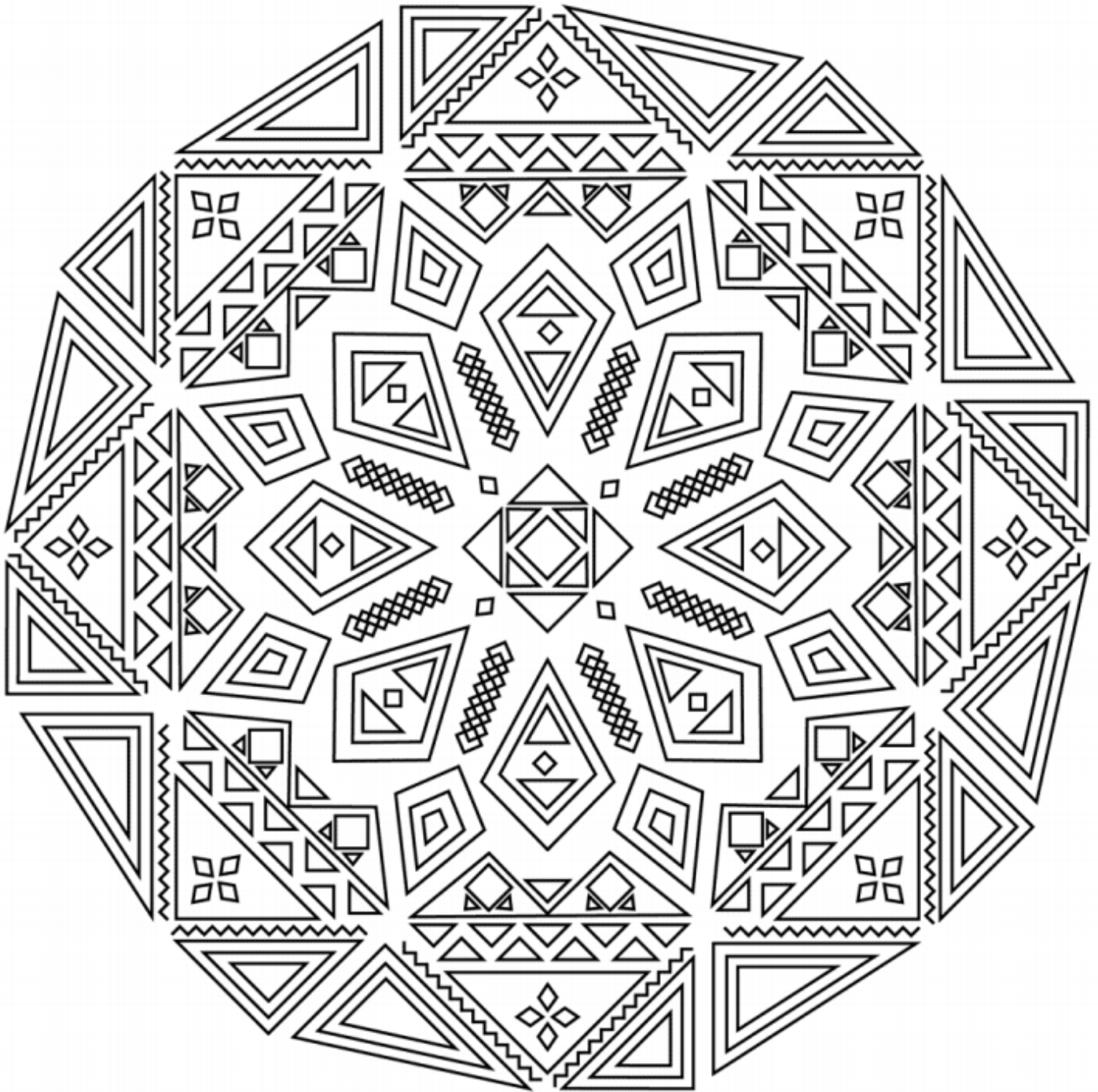
1. The study of the human mind.
3. In this class, you will learn about money and businesses.
5. In this class, you might learn about ancient kings and queens.
7. The study of elements and chemicals.
10. The study of living things.
11. In this class, you might write an essay on Mark Twain or read a play by Shakespeare.
12. You might need a calculator in this class.
13. Paint, brushes, pencils, and clay are all part of this class.

Down:

1. The study of ideas and belief systems.
2. You will study a lot of maps in this class.
4. In this class, you might learn about gravity or momentum.
6. To most American students, French, Chinese, or Spanish are _____ languages.
8. In this class, you might sing or play an instrument.
9. This class teaches the dramatic arts.

Mandala's

The design of the Mandala is said to represent wholeness, health, connection, unity, harmony and the cycle of life



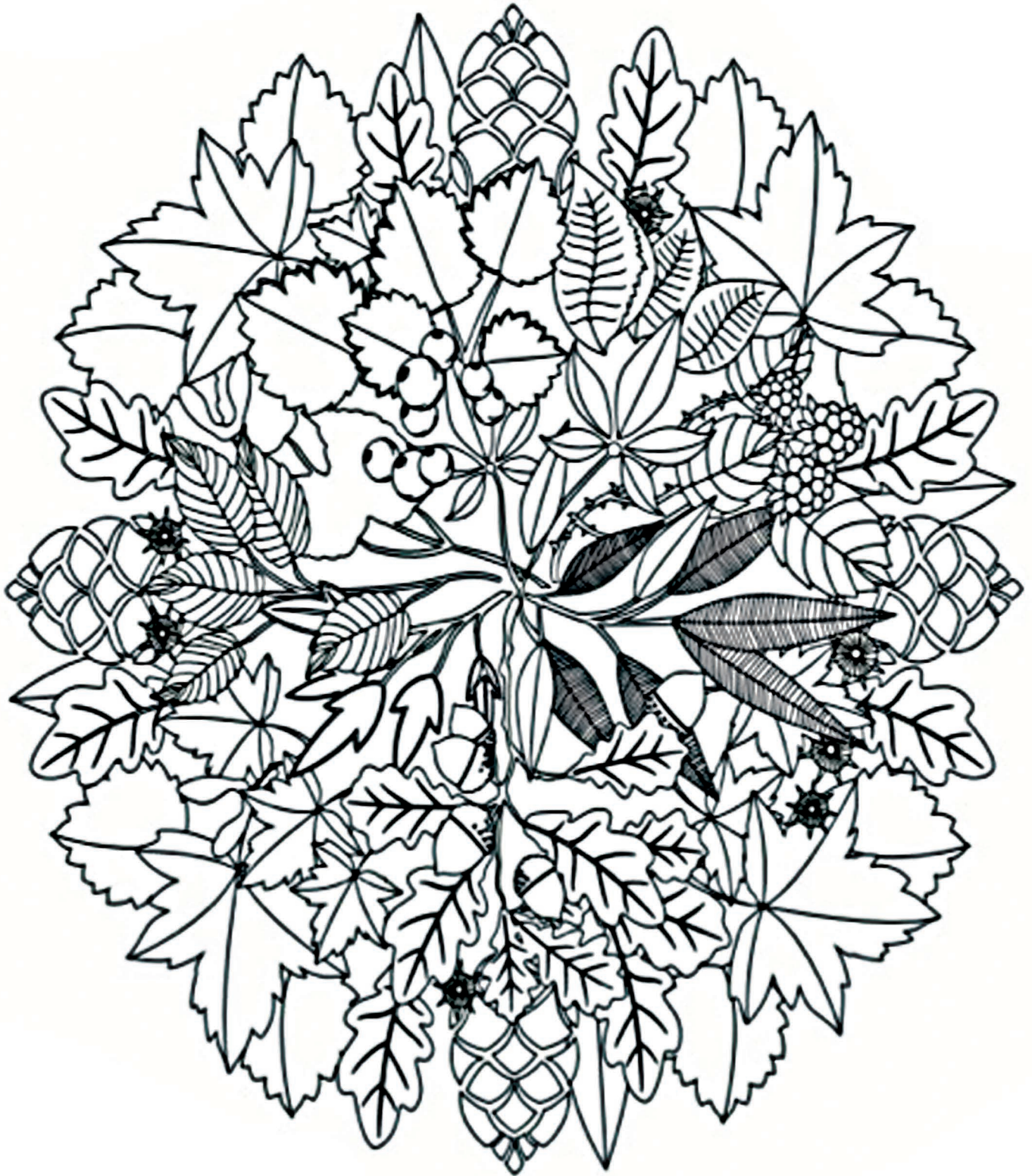
Family discussion cards

As a family answer the following questions.

<p>FAMILY </p> <p>WHO IS IN YOUR FAMILY?</p> <p>DIG DEEPER WHAT MAKES SOMEONE FAMILY?</p>	<p>FAMILY </p> <p>HOW CAN YOU TELL WHEN SOMEONE IN YOUR FAMILY IS MAD?</p> <p>DIG DEEPER LOOK IN THE MIRROR AND MAKE A MAD FACE. WHAT DOES YOUR FACE DO?</p>
<p>FAMILY </p> <p>HOW CAN YOU TELL WHEN SOMEONE IN YOUR FAMILY IS HAPPY?</p> <p>DIG DEEPER WHAT MAKES SOMEONE FAMILY?</p>	<p>FAMILY </p> <p>WHAT IS UNIQUE ABOUT YOUR FAMILY?</p> <p>DIG DEEPER SHARE A SPECIAL TALENT</p>
<p>FAMILY </p> <p>WHAT MAKES YOU PROUD OF YOUR FAMILY?</p> <p>DIG DEEPER SHARE SOMETHING INTERESTING ABOUT YOUR FAMILY</p>	<p>FAMILY </p> <p>WHAT HOLIDAY TRADITIONS DO YOU LIKE CELEBRATING WITH YOUR FAMILY?</p> <p>DIG DEEPER IF YOU COULD INVENT A NEW HOLIDAY, WHAT WOULD IT BE LIKE?</p>
<p>FAMILY </p> <p>DO YOU HAVE CLOSE FRIENDS WHO FEEL LIKE FAMILY? WHO ARE THEY?</p> <p>DIG DEEPER WRITE A LETTER TO A FRIEND OF FAMILY MEMBER WHO LIVES FAR AWAY.</p>	<p>FAMILY </p> <p>HOW DOES YOUR FAMILY SHOW THAT THEY CARE?</p> <p>DIG DEEPER SHOW SOMEONE THAT YOU CARE BY SAYING SOMETHING NICE ABOUT THEM.</p>

Mandala colouring page

Use pencils or paints, or make a collage.



Sudoku May Help Keep Your Brain 10 Years Younger

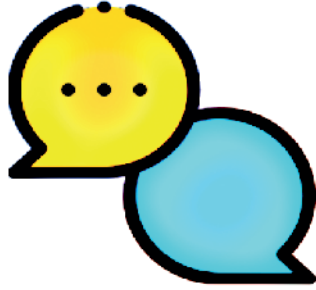
New research finds that solving puzzles may help you stay “sharp”.

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9

							7	
				5		8		1
		6	4	1			3	5
6		7				5	2	
			2		9			
	4	1				6		9
9	7			2	1	4		
1		5		3				
	8							

We understand that this can be a worrying time...

Worry Coping Cards



Talk About It



Think About What Is



Get Moving



Listen to Music



Practice a Hobby



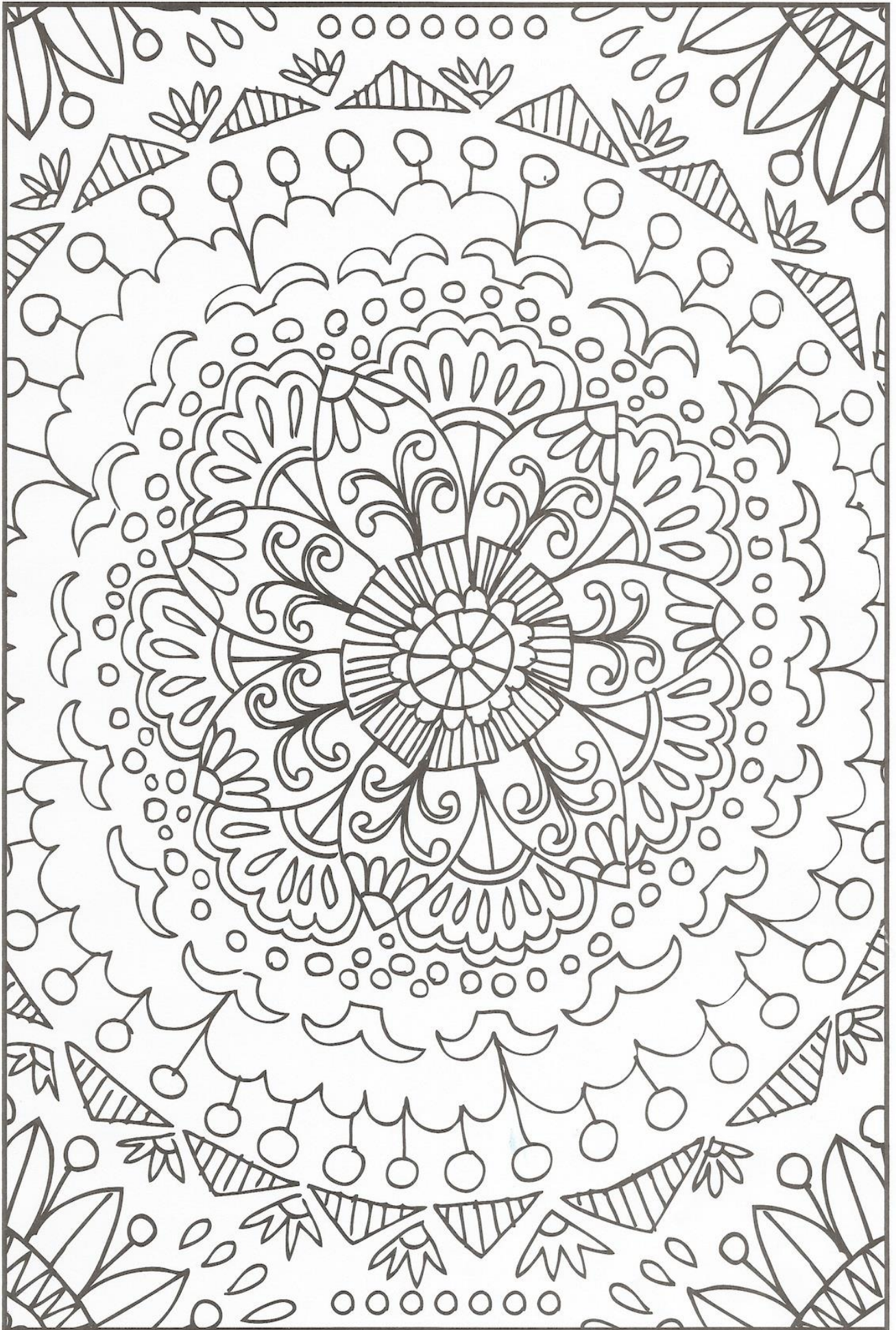
**“No act of kindness, no matter how
small, is ever wasted”**

THIS IS ME

A large shield-shaped worksheet divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Top Left: MY HOBBIES ARE ...
- Top Right: MY AMBITIONS ARE ...
- Bottom Left: MY FAMILY ARE ...
- Bottom Right: I AM ...

Below the shield is a wide, curved banner with a double-line border. Inside the banner, the text **THIS IS ME SHIELD** is written in a bold, black, sans-serif font.



Some useful contacts you may need:

Childline: 0800 1111

Barnardos: 02890 668 333

Samaritans: 116 123

CaraFriend: 0808 8000 390

Carers NI: 02890 439843

Lifeline: 0808 808 8000

Text “SHOUT” to 85258 – 24hr crisis helpline



**STAY AT
HOME**

PROTECT THE NHS



save lives