



YOUR MAGAZINE

BEING STRONG

ISSUE 6, JUNE 2020



Being Strong

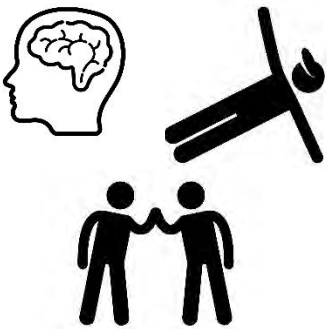
Welcome back to Your Magazine.



This week is about how we can be strong



No one feels strong all the time and this is OK



There are things we can do to help our minds, bodies and relationships to be stronger

Each day will have an exercise to help you with this




Remember your circles?

These exercises will help to make you feel strong

MONDAY

4 things mentally strong people do


NO  They say no if something is not good for them. It is OK to say no sometimes



They know it is normal to fail at things sometimes - everyone does



They know we make ourselves happy. Happiness is from inside us

NO YES  They can find some good in any situation

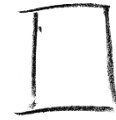
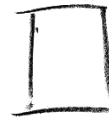
Which of these do you do?



NO



YES



Is there anything else you do that keeps you strong inside?



**FEELING
GOOD
ABOUT ME**

lets get physical

NINJA

SILENT WORKOUT BY DAREBEE © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 side kicks

20 combos squat + knife hand strike

20-count squat hold



10 side lunges

10 reverse deep lunges

20-count one leg stand



10 push-ups

20-count side elbow plank

20-count elbow plank

glad I did it?

minutes worked:

feel good score:

Write down 3 things you like about your body:

Write down 1 thing you did your best at last week.



BEING
ACTIVE

we're
all
in this
together



Tuesday



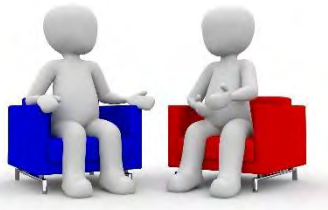
How to up your POWER!



You can be powerful- here's how;
PHYSICAL POWER: do a workout,
take a nap, eat something healthy



MENTAL POWER: write down your
feelings, tell someone, breathe



SOCIAL POWER: Talk to a friend or
family, smile, be nice



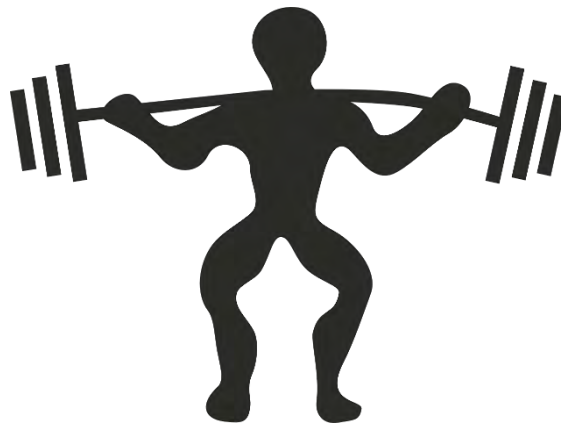
KNOWLEDGE POWER: read a book,
learn a fact, play a game, read this!



I AM POWERFUL

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

ACHIEVE
ACTIVATE
ADVANTAGE
AMAZING
AUTHENTIC
BELIEF
BRAVE
CARE
CONFIDENT
CONSIDERED
EMOTIONS
ENERGY
EVALUATE
EXPLAIN



FIRM
HONEST
IMPROVE
INSPIRE
MOTIVATED
OPPORTUNITY
REMARKABLE
RIGHTS
SELF
STRONG
SURE
VALUABLE
VICTORY
WISE

Sudoku!

Sudoku is simple! Enter numbers from 1 to 9 in the blank squares.

Every row, column and 3x3 square must contain only one of each digit

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



Wednesday

What makes you feel at peace?



With peace can come strength

Image: www.unsplash.com

Draw a picture of what brings you peace and makes you feel stronger

FEELING
SAFE

TITANIA

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping lunges



20 side kicks



10 push-ups



40 punches



20 arm raises



20 raised arm circles



10 punch sit-ups



10 air bike crunches



10 raised leg circles

Minutes worked: _____

Feel good score: _____



Remember to warm up before exercising and cool down afterwards! Simple stretches will help your body cope with activity

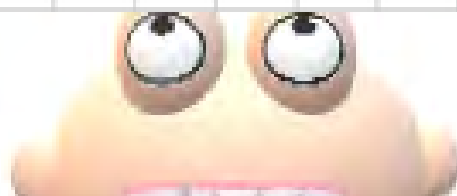


Find all the hidden words

POWERFUL THOUGHTS

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

I AM MATURE
TODAY IS GOOD
I AM LEARNING
I AM GROWING
I AM POWERFUL
I AM BRAVE
I AM TRYING
I AM ALIVE
I AM YOUNG
DOING MY BEST
I AM OKAY
BREATHE IN
I AM CARING
I AM SAFE
I AM LIKED



BEING
CREATIVE

Thursday

What makes me different to other people?

It could be my



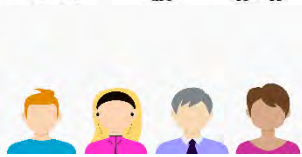
Religion



Race



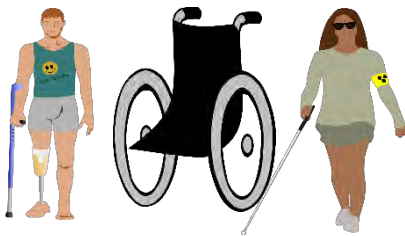
Sexuality



Gender



Body



Disability

In what ways does this make me stronger?

How can I build on these strengths and accept myself more?

It can feel like we have no personal power right now with Lockdown and Corona Virus.

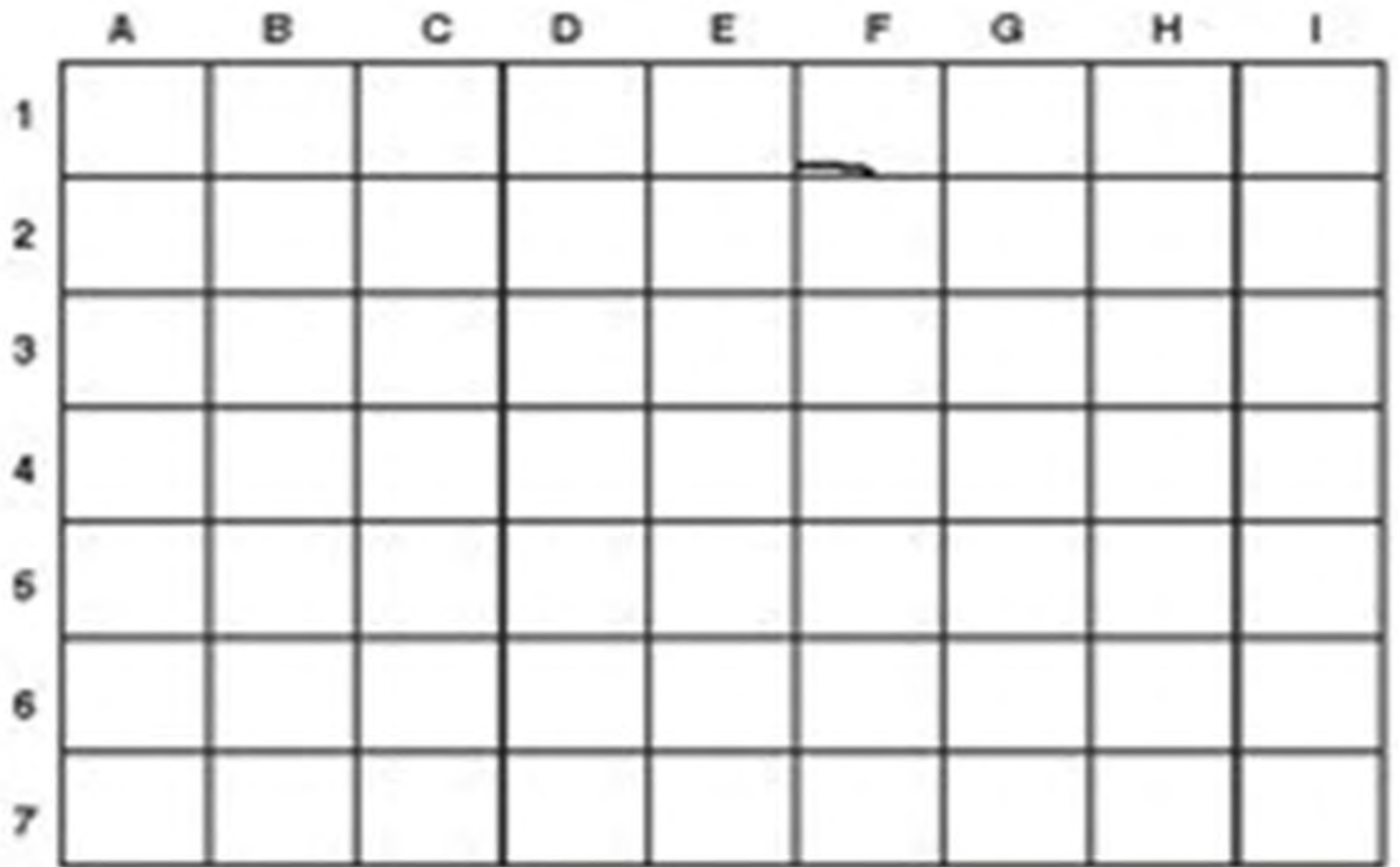
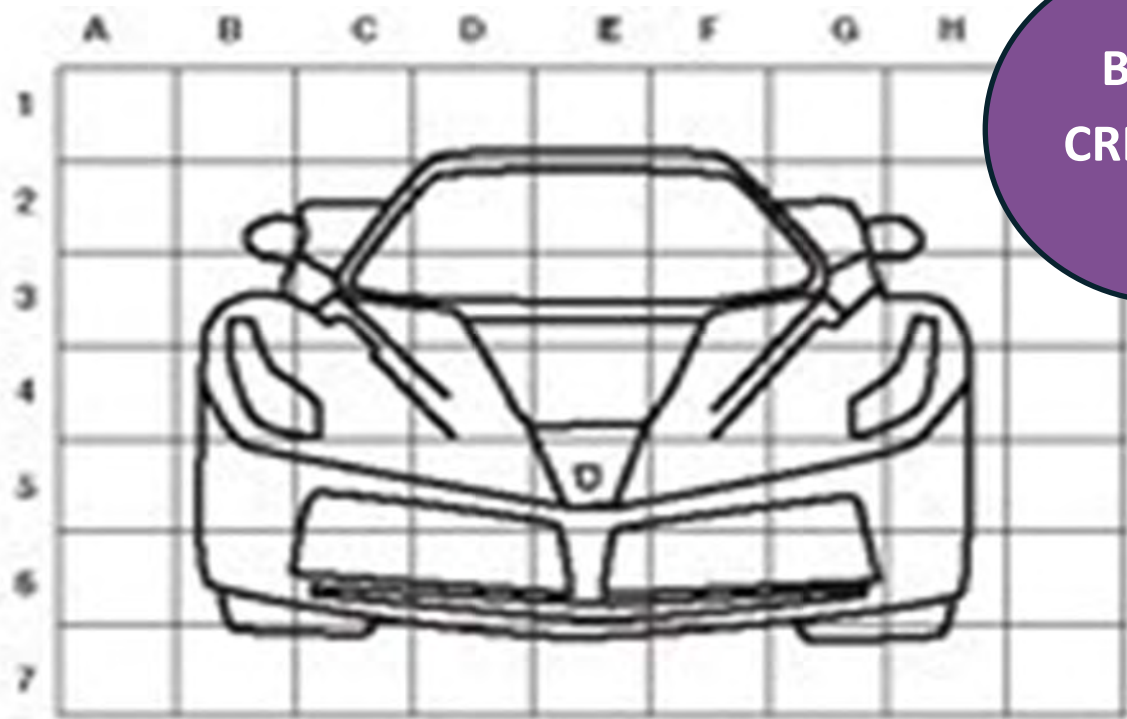
**But we still have power over ourselves.
Can you think of one thing you are doing well to manage your actions at the moment?**

What else can you do alongside this to manage yourself EVEN BETTER in the future?

**FEELING
SAFE**



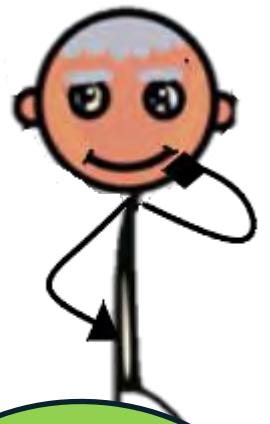
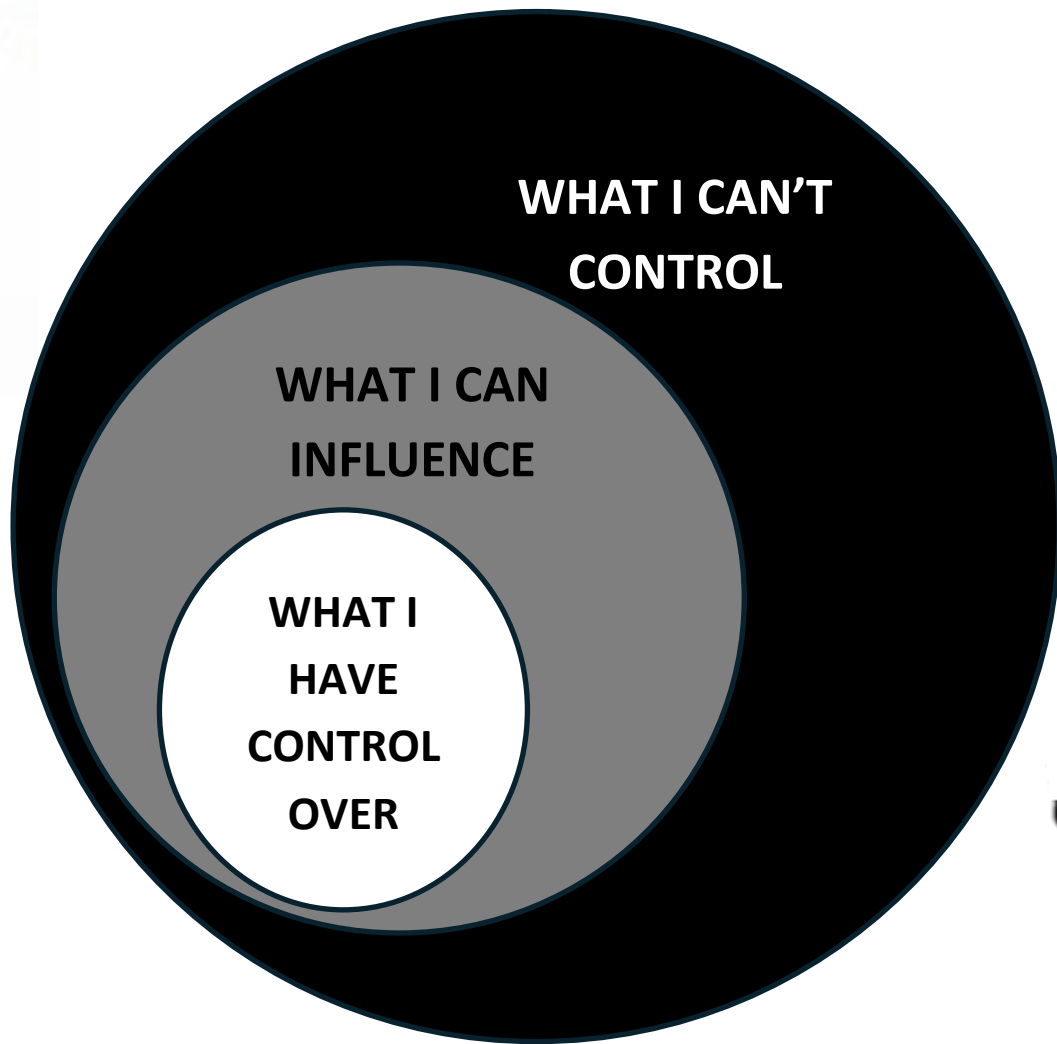
**BEING
CREATIVE**



Friday

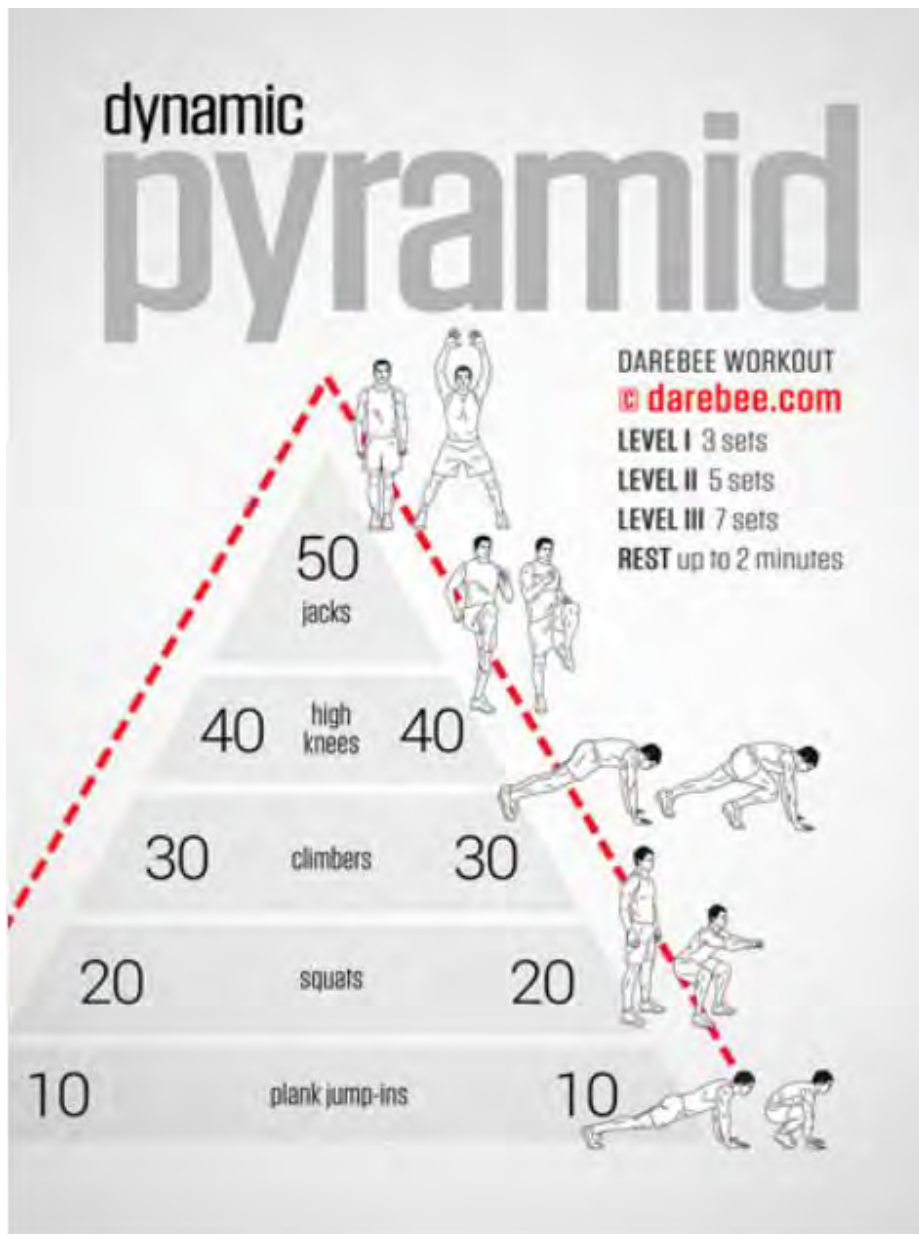
Think about the power you have

These 3 circles show us what we can control



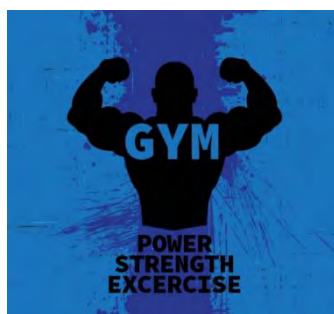
What are your circles like now?





If you exercise a lot, your lungs, heart and brain will all improve.

IT EVEN MAKES YOUR SKIN BETTER IF YOU CAN KEEP IT UP REGULARLY!



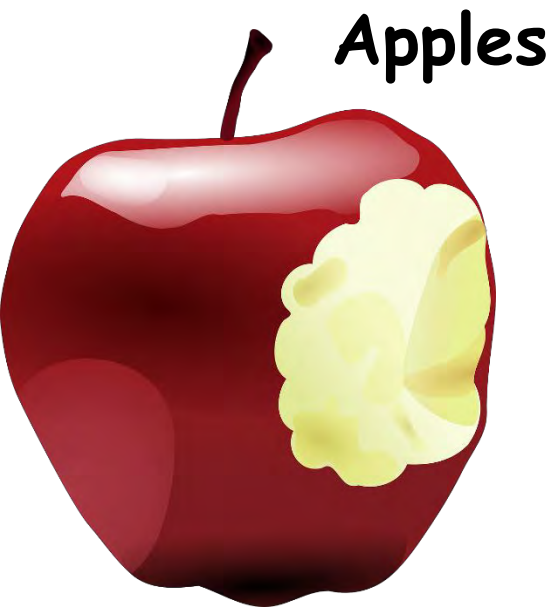
BBC 1XTRA HOT FOR 2020 ARTISTS

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

DARKOO
MELII
MASTERMIND
LILA IKE
LING HUSSLE
SHO MADJOZI
BRENYA
SHAYBO
NAFE SMALLZ
POP SMOKE
BENJIFLOW
REMA
OFB

Saturday

Power foods to keep by body strong



Apples

An apple a day keeps the doctor away

Did you know apples may help cut your risk of a stroke by 50%?



Bananas Bananas are so good - you are bananas not to eat them!

Did you know bananas help keep your blood pressure ok?

Beans



Beans beans are good for your heart... Did you know beans are full of fibre which is great for your bowel

Cabbage

Beautiful cabbage



Did you know cabbage is full of chemicals that help protect you from cancer

What superfood can I eat today?



Can you work out these anagrams of 'Power song' artists?

Song Title	Artist or Band	Answers
Survivor	stdisnye dhcli	
It's My Life	onb oivj	
Roar	ykta ryper	
We Will Rock You	nueeq	
Eye of the Tiger	rsuviorv	
What Doesn't Kill You	elykl csnolark	
Fighter	arhtniisc liugaare	
Man in the Mirror	iclameh jnokcsa	
Read All About It	ielme seand	
Stronger	aknye tsew	



**BEING
CREATIVE**

Sunday

EXERCISE

HELPING OTHERS

WORKING HARD
AT SOMETHING

LISTEN
CAREFULLY

SLOWING DOWN

EAT HEALTHILY

ASK FOR
SUPPORT

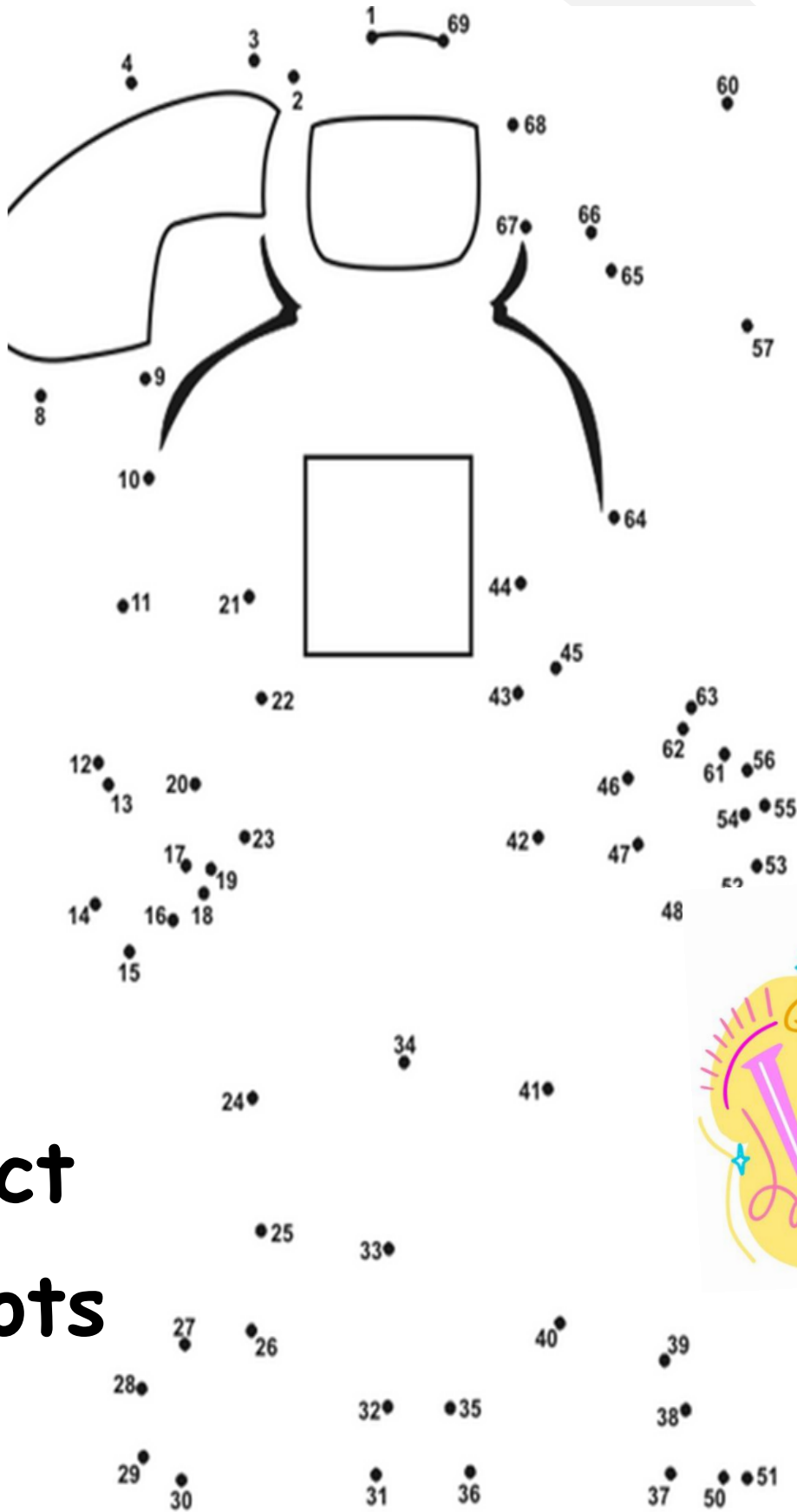
DO SOMETHING
CREATIVE

DO KIND THINGS

CONNECT TO
OTHER PEOPLE

SLEEP

These can all make us stronger people. Tick which ones you've done today



Connect
the dots

We are here to support you.



On a scale of 1-10 how confident are you feeling at the moment?

1 2 3 4 5 6 7 8 9 10

What is something you can do **RIGHT NOW** that would help you go up *just one* point?

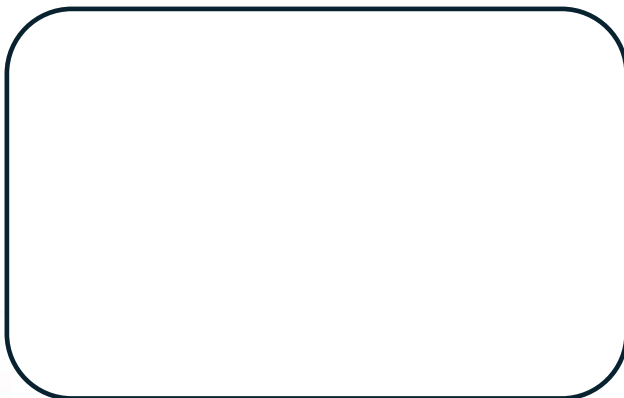

Is lockdown making you bug out?
Talk to someone.

Write down 1 person you feel safe enough to tell if you're stressed out.

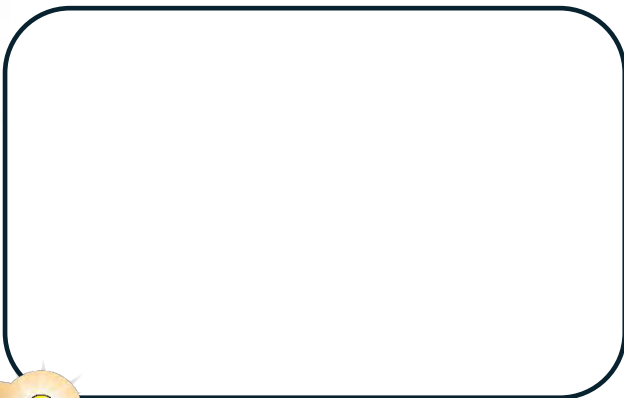
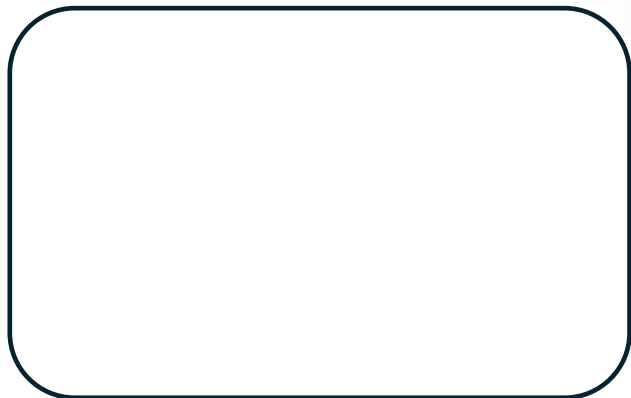
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Your Week

Storyboard - record your last six days in any way you like.



I feel more
in control



What have I
Learnt

