

YOUR MAGAZINE

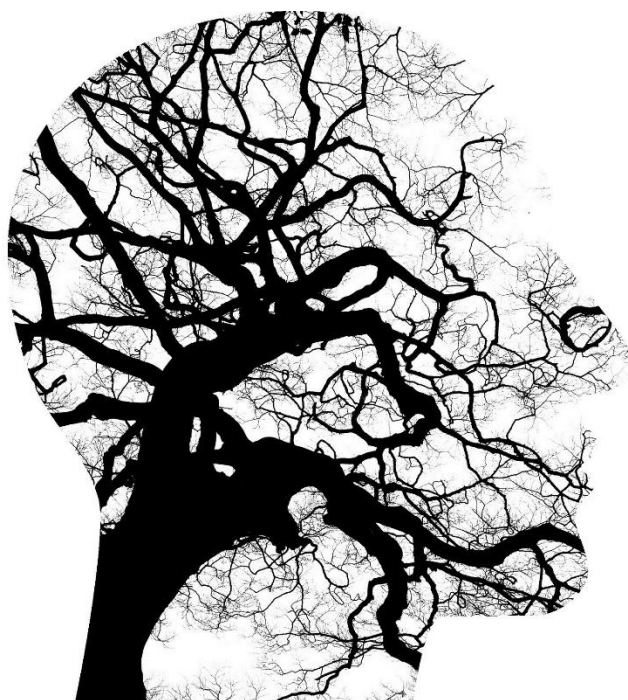
Knowledge

ISSUE 4, MAY 2020



Welcome back to Your Magazine.

This week is all about knowledge.



What is knowledge?

Knowledge is what we know about:



Things



Events



Ideas



How to do things



We can get knowledge by;

Doing things



Being taught things



By things that have happened to us

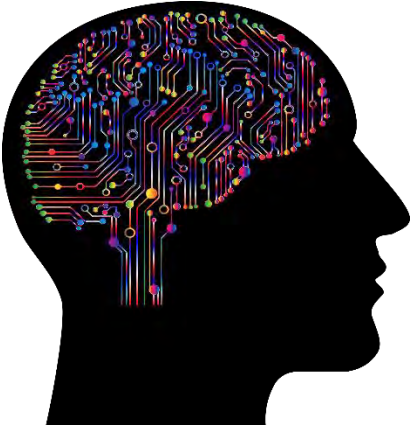


Messages from people, TV, Films,
Books and Family

*"Knowledge is knowing a tomato is a fruit;
Wisdom in not putting in a fruit salad"*

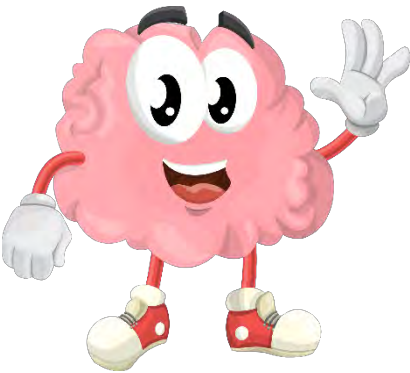
- Miles Kington -

MONDAY



Our brains are like computers

They are full of information



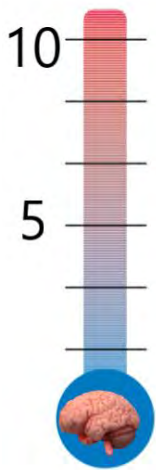
Knowledge can be a good thing.

It can feel good to learn and it helps us make good choices.



We all know different things.

Often our knowledge is big when it is about something we are interested in

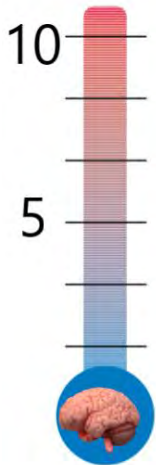


Name something you like doing

.....

What things do you know about it?

How high is your knowledge in this area?

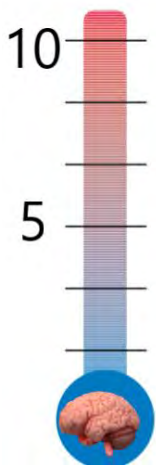


Name someone famous you like

.....

What things do you know about them?

How high is your knowledge about them?



Name a place you like

.....

What do you know about this place?

How high is your knowledge about that place?

WOW! Look how much you know!

SERENITY

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



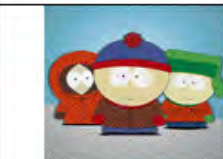
Minutes worked:

Feel good score:

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

**BEING
ACTIVE**

Can you name all of the cartoons?



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

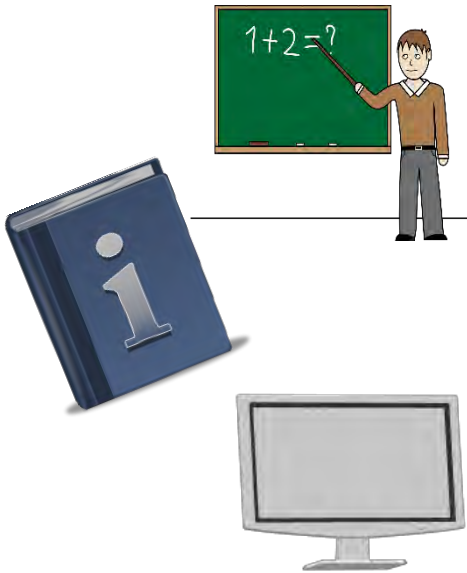
20.

Tuesday

How do we make our knowledge bigger?

Where do we go to find things out we don't know?

Here are some ideas



Teacher

Member of staff

Dictionary

Internet



TV

Books



Library

News

What does knowledge mean to you?

What 3 things you would like to improve your
knowledge in:

1.

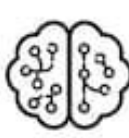
2.

3.

Find all the hidden words

BOOKS
CREATIVE
DICTIONARY
EXPLORING
HOBBIES
INTERNET
KNOWLEDGE
LEARNING
LIBRARY
LOOKING
MAGAZINES
MEMBER
NEWS
PUZZLES
READING
STAFF
TEACHER
UNDERSTANDING

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



BEING
CREATIVE

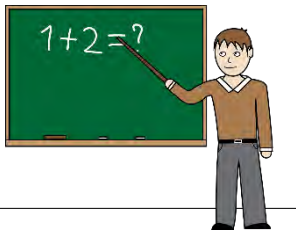


Wednesday

It is important that we get our knowledge from



1. people we trust
2. people who have knowledge in that area



It is important to think 'is this knowledge helpful for me at this time?'



Have you ever been told something you wished you hadn't known?



Have you been told something and found out it was wrong?

FEELING
GOOD
ABOUT ME



With Covid we are hearing a lot of information at the moment.



What's helpful about this?



What isn't helpful?

Make sure you are learning about all the great things at the moment too



People working together for vaccine



Less pollution



Neighbours helping each other out

What else can you think of?

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

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

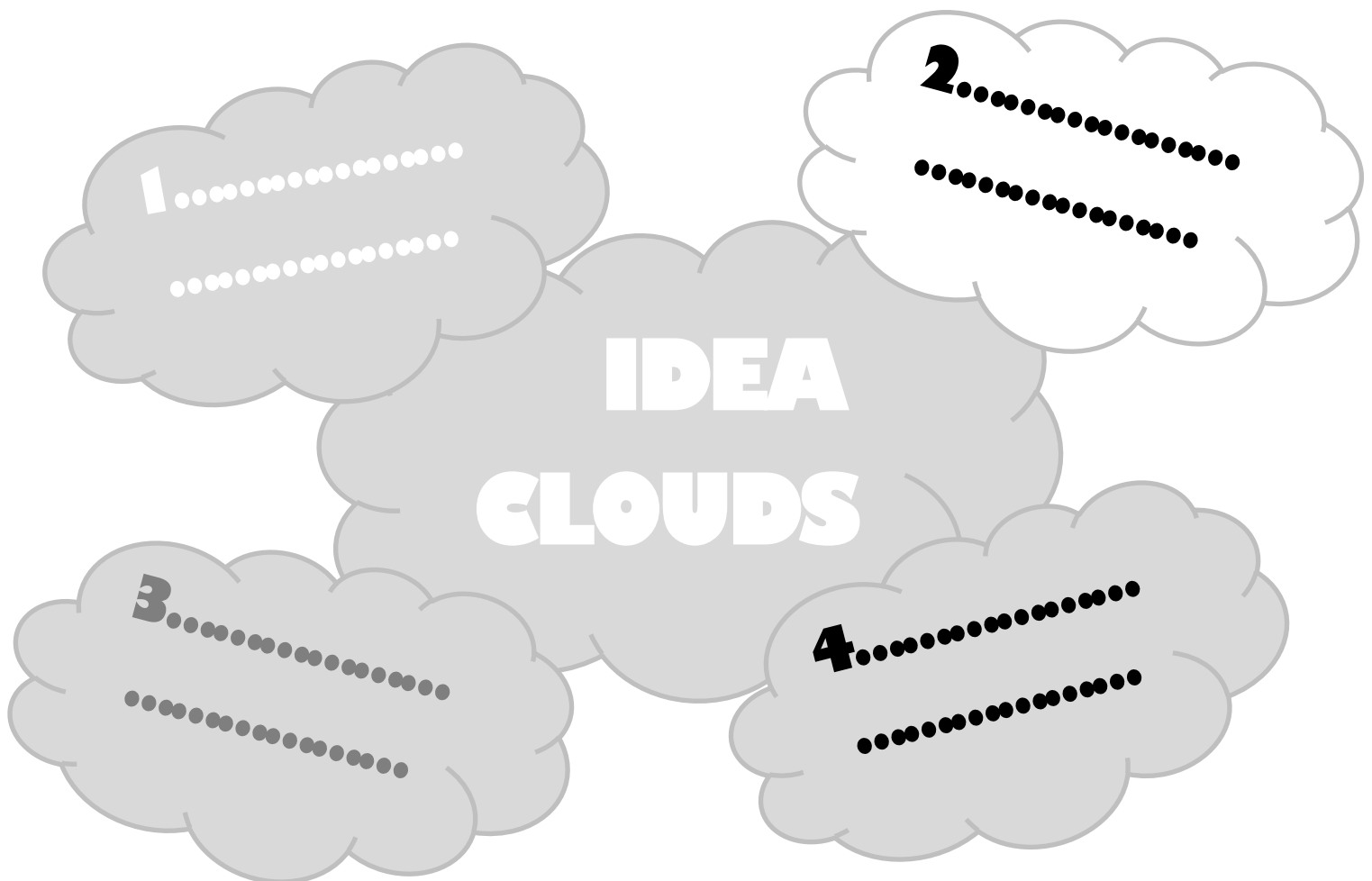
BEING
CREATIVE

Thursday

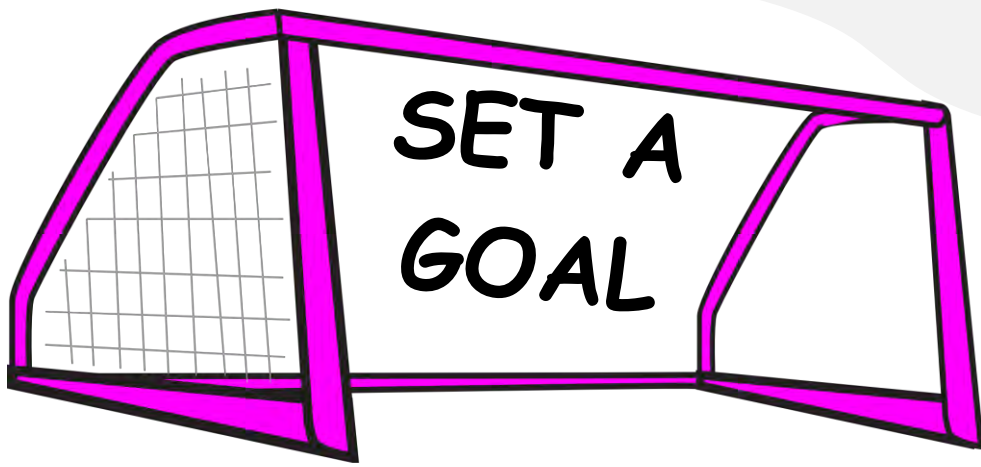
Most of us have a lot of time at the moment

This is a good time to learn something new

Fill in the clouds with ideas about things we can learn

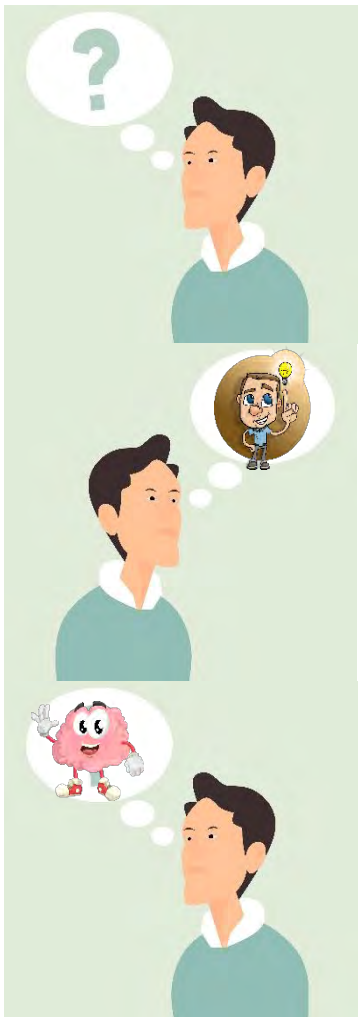


Pick one thing from your clouds you could learn about



What did you pick from your idea clouds?

How can you start learning about this?



1. Who could help you?

2. What do you need?

3. How would it feel to know more about it or know more about this thing?

Can you name all of the films?



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

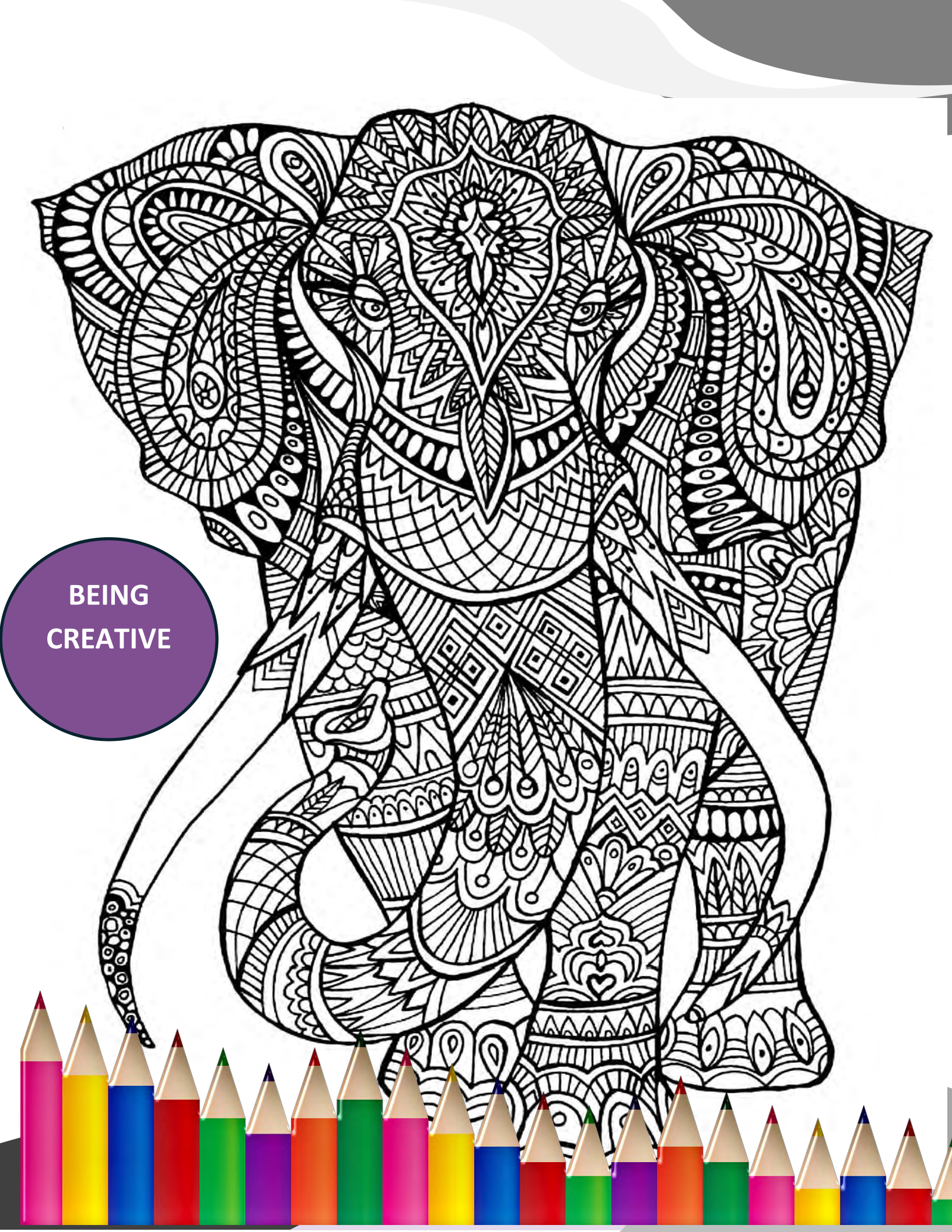
16.

17.

18.

19.

20.



BEING
CREATIVE

Friday

We learn in different ways

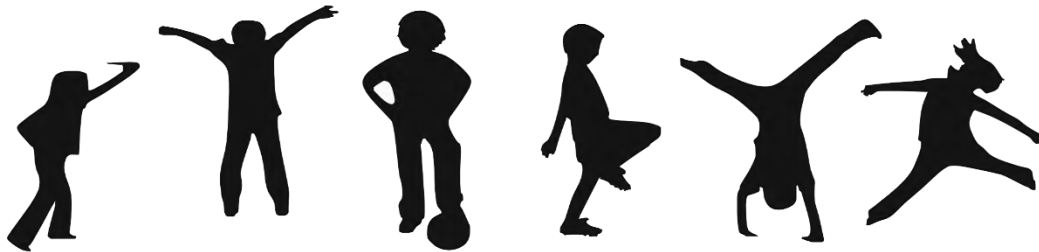


- We can learn by watching
- What have you learned through watching today?
- Maybe TV or this magazine?



- We can learn by hearing
- What have you learned though hearing today?
- Maybe someone told you something you didn't know before

What have you learned through doing today?



Maybe how to draw or do a puzzle



Can you think of any other ways you have learned today?



FEELING
GOOD
ABOUT ME

lets get physical

GOOD MORNING YOGA

BY DAREBEE

© darebee.com

Hold each pose for 30 seconds
then move on
to the next one.



1. mountain pose



2. fierce pose



3. forward bend



4. wide squat pose



5. hero pose



6. child pose



7. cat pose



8. cow pose



9. upward dog pose

Workout sourced from <https://www.darebee.com/>

Write down 3 things you like about your body:

glad I did it?

minutes worked:

feel good score:

**BEING
ACTIVE**

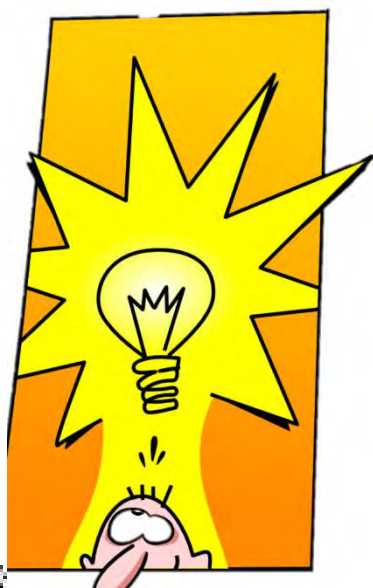
Remember to warm up
before exercising and cool down
afterwards! Simple stretches
will help your body cope with
activity

Saturday

What has been the most important thing you have learnt in your life?



How has this helped?



**FEELING
SAFE**

Can you name all of the car logos?



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.



**BEING
CREATIVE**

Sunday Mindfulness

Here and Now



What is mindfulness?

Mindfulness is noticing what is happening in this moment

Mindfulness is paying attention to what you can;



See



Hear



Touch



Smell



Taste

Mindfulness is also paying attention to;



Thoughts

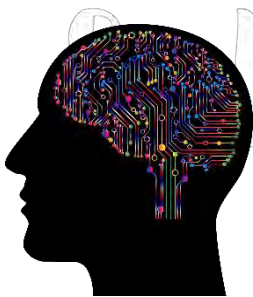


Feelings

Physical sensations in the body



When you practice keeping your attention in the moment it helps your brain.



**Our brains change all the time
Mindfulness helps them change for the better**



When we practice mindfulness a lot our brains change shape and we find it easier to relax and manage our emotions.



What can I hear in this moment



Pay your attention to the sounds around you



What sounds do you notice that you didn't before?

Are they near or far?



Loud or soft

High or deep



Just notice



If your mind wanders this is OK.



Just gently bring your attention back to the sound



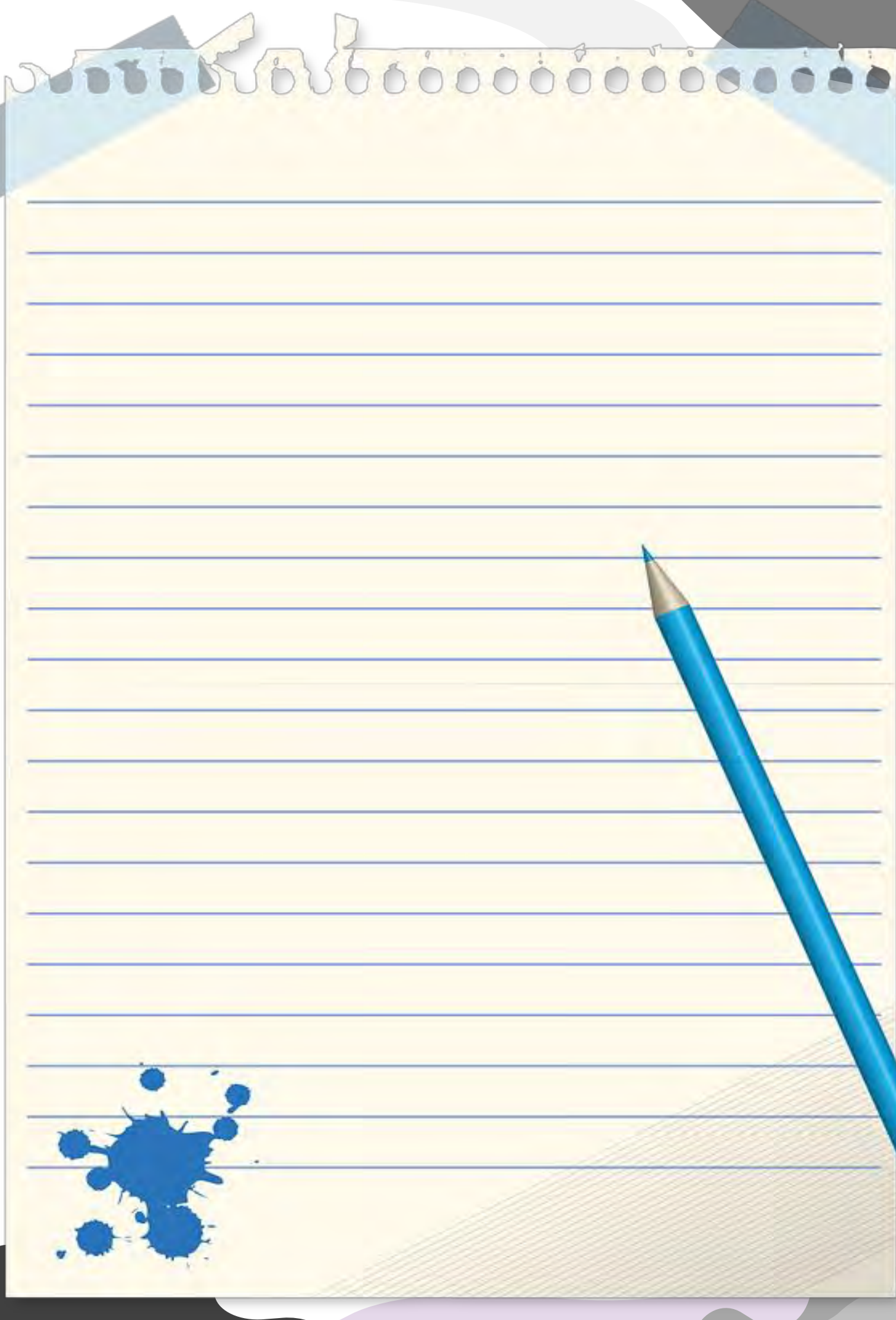
Notice how the sounds change or stay the same



Continue this for as long as you wish

When you have finished write down what it was like doing this mindfulness exercise

FEELING
GOOD
ABOUT ME



Connect the dots

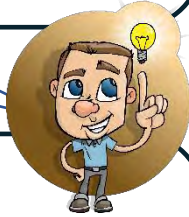


FEELING
SAFE

Your Week

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

I've learnt
something new



Knowledge comes
from lots of places

