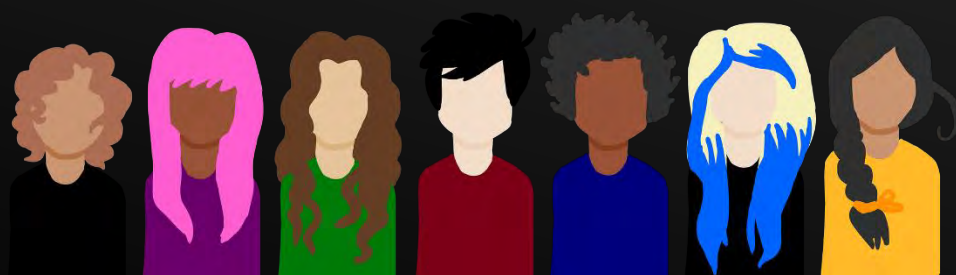




YOUR MAGAZINE **COMMUNITY**

ISSUE 7, JUNE 2020





Welcome back to your magazine

This week is about our community



Community is a group of people who share something in common



A community is when people connect with each other and feel they belong together



Communities are important because they allow people to get together and do helpful things



Doing the exercises in this magazine
will help keep these circles strong

Your voice is important – let it be
heard!

MONDAY



Different types of communities

People who live in the same place.
It could be your street, village,
estate



AREA



May be the wing you are on in
prison has a sense of community



RELIGION

It could be a community that
worships together in a church,
Mosque, Synagogue or other
religious place



HOBBY

Communities come together
through shared interests such as
singing, sport, dancing painting



SEXUALITY

The LGBT community to support each other and work for equal rights



WORK

People working in the same job may be a community

Can you think of any others?



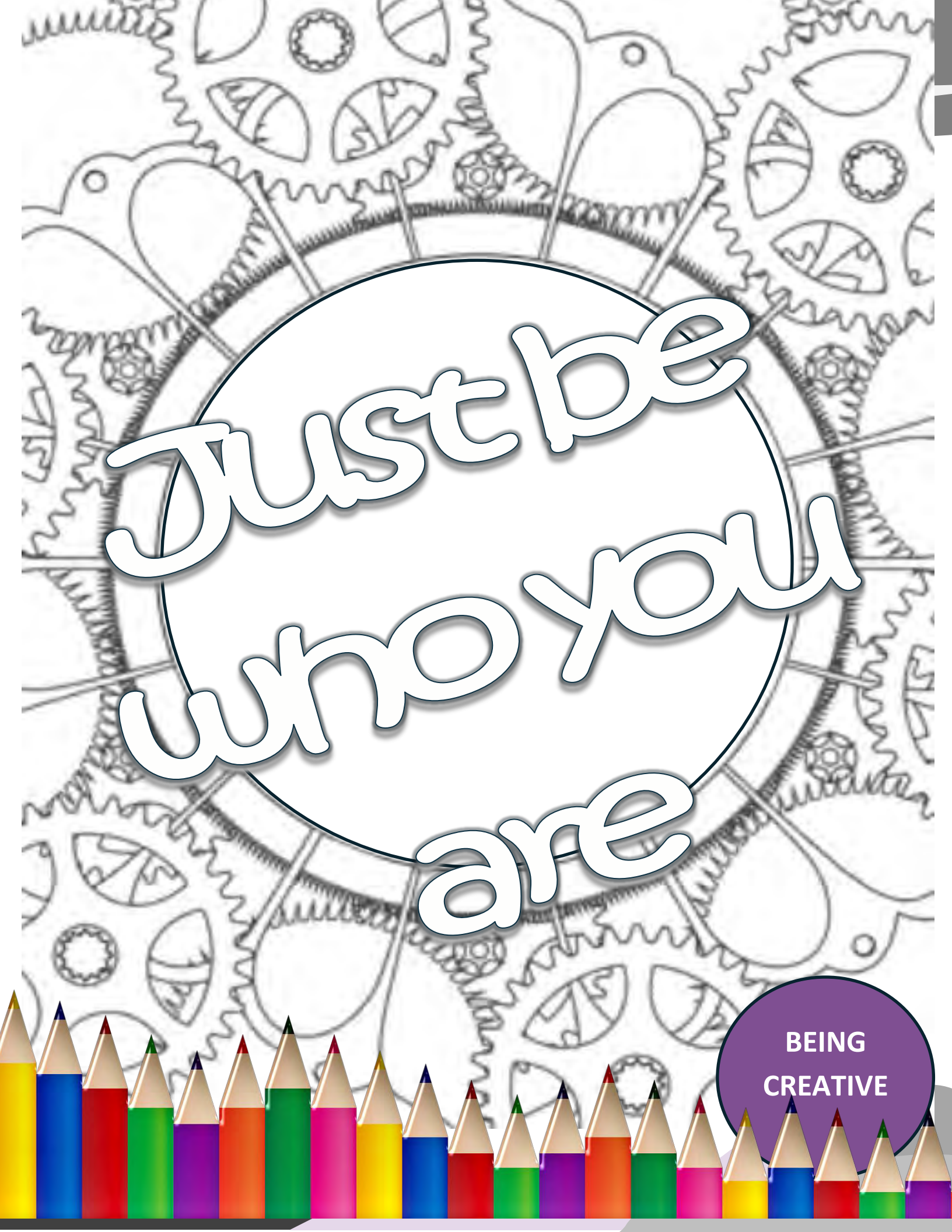
What community have you been a part of?



Is there a community you'd like to be a part of?



How could you do this?



Just be
who you
are



BEING
CREATIVE

lets get physical

MY BEST SELF

WORKOUT
BY DAREBEE
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
in between



20 march steps



10 lunge step-ups



10 side lunges



20 shoulder taps



10 plank rotations



10 climber taps

feel good score out of ten:

glad I did it?

does my body feel
different when I exercise?

Remember to warm up and cool down after each session.

Jog lightly on the spot or do some light stretching



BEING
ACTIVE



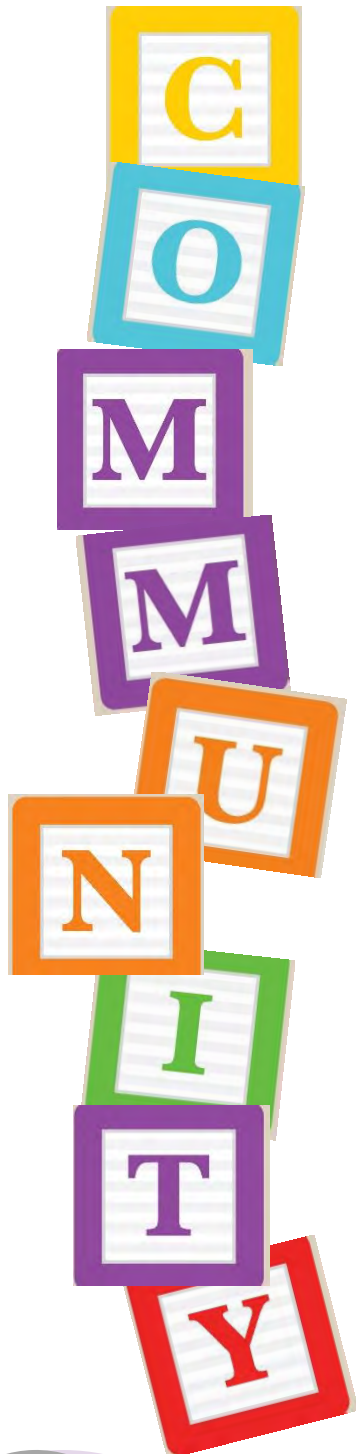


Write down 1 thing you accept about yourself

FEELING
GOOD
ABOUT ME

Tuesday

What we need to make a community



Connect

Reach out to a group

Open

Share our thoughts

Mission

Work towards common goals

Motivation

Want to be part of it

Unity

Sense of belonging

Numbers

Group of people

Interest

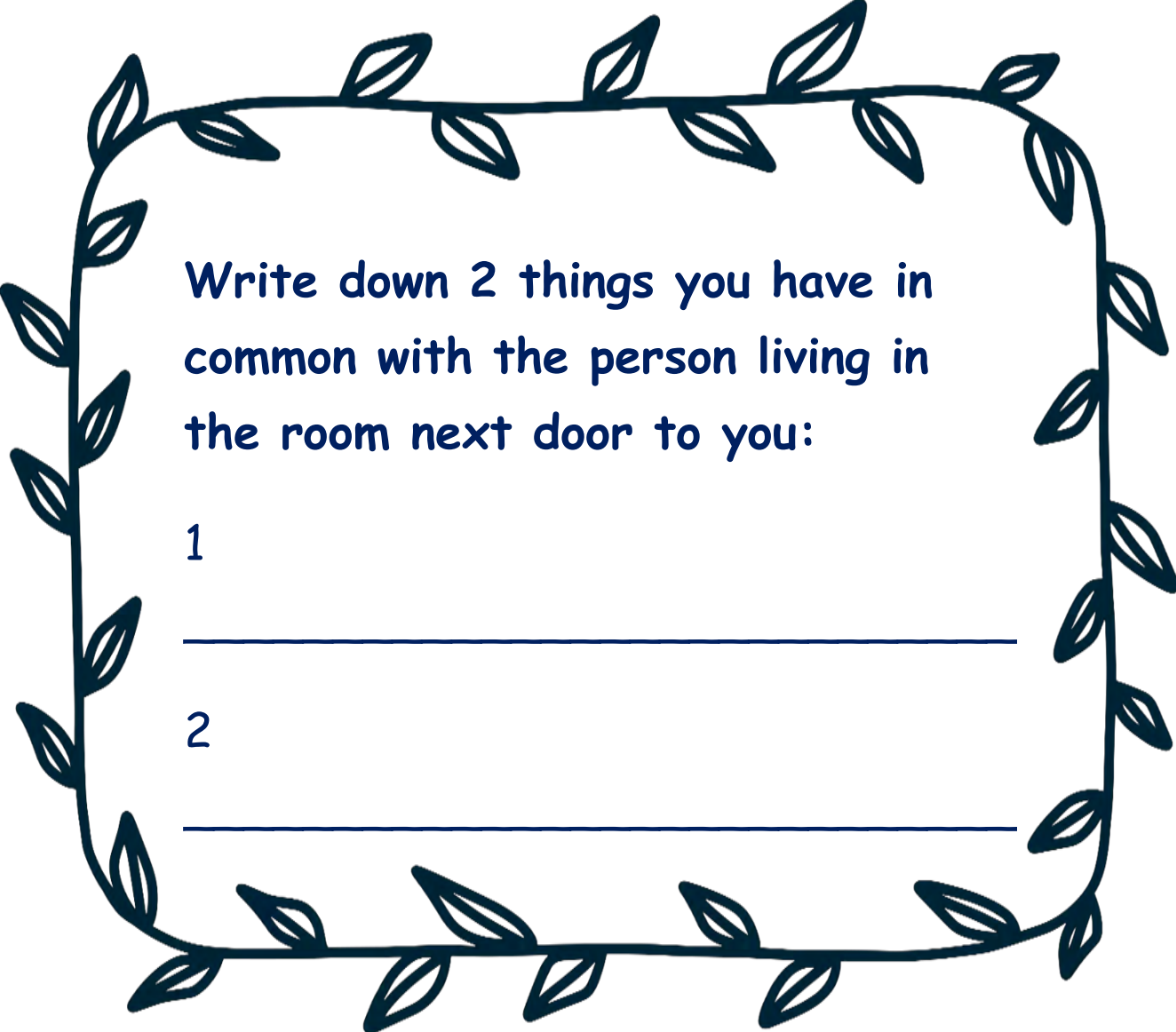
Care about each other's
thoughts and goals

Team Spirit

Being a group

You

You are important
communities need you



Write down 2 things you have in
common with the person living in
the room next door to you:

1

2

We have far more in common with each
other and the world than differences.
Did you know we share 50% of our DNA
with a banana?!



Emoji quiz!

Guess the football teams...



.....
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Have you spoken to someone you care about today? If not, pick up the phone and have a chat or write a letter.

Wednesday



Write one thing you would like to speak up about more often

.....

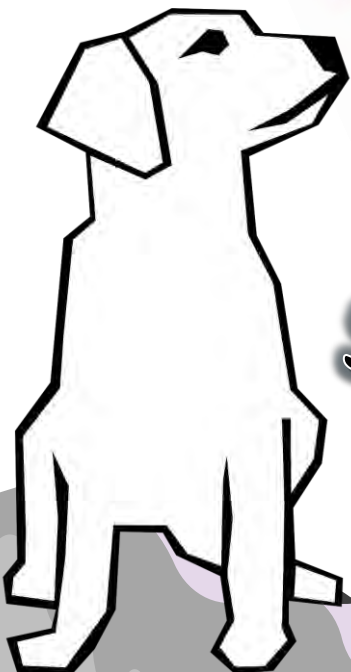
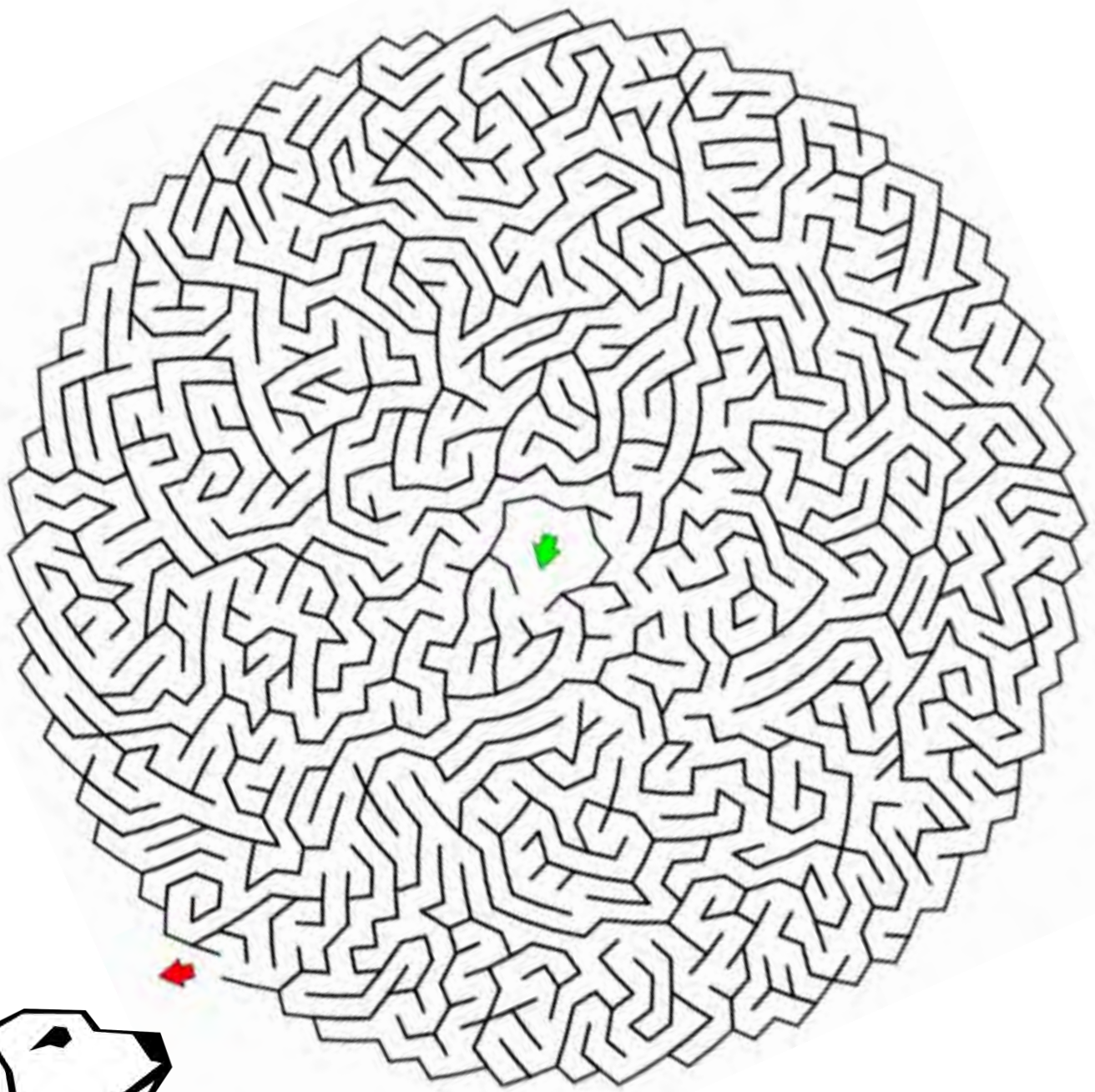
What could be a helpful thing to say about this?

.....

Who would be a helpful person to say it to?

.....

FEELING
SAFE



SEE IF YOU CAN FIND YOUR
WAY TO RALPH

Thursday

Malala Yousafzai was born 12th July 1997

She fought for the right to have education for women

Malala Yousafzai ملالہ یوسفزی

Malala felt scared but doing what was right kept her strong

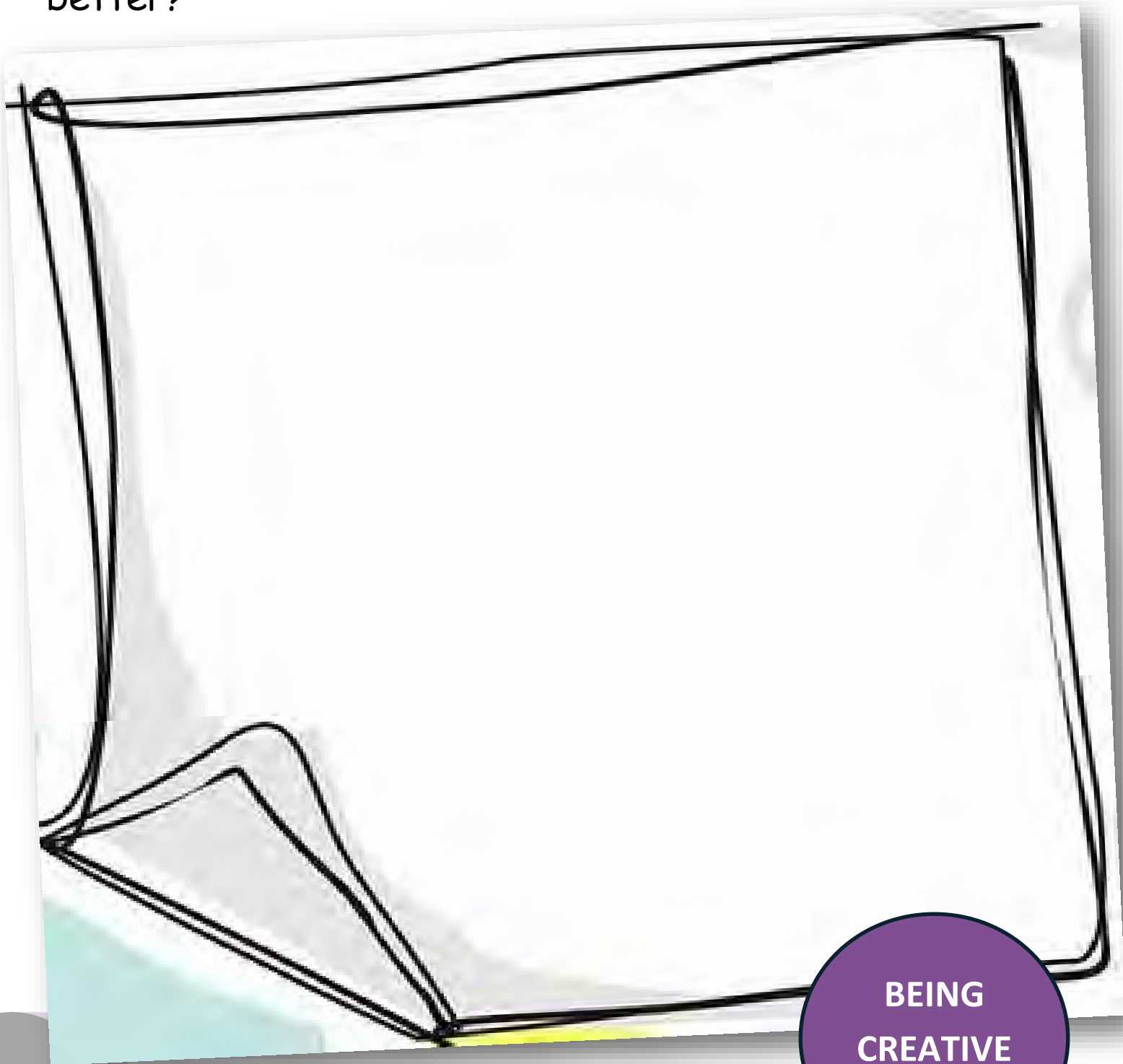
On 9th October 2012 Malala was shot by a Taliban soldier who did not agree with her learning to read and write



Malala survived she went on to keep fighting for the right of children to learn to read and write. She won the Nobel Peace prize in 2014

Malala was brave and did what was best for her community.

What could you do for your community to help make lives better?



BEING
CREATIVE

The What We Need More of Wordsearch

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

RAINBOWS
ACCEPTANCE
LOYALTY
PEACE
SAFETY
BELONGING
DIVERSITY
INCLUSION
EQUALITY
COURAGE
EMPOWERMENT
COMING OUT
FLUIDITY
LOVE
SMILES
PRIDE



**If the world had more of these,
it would be a better place for us
all. Which of these can you do or
be more of? #challengeyourself**

lets get physical



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



“Remember that the happiest people are not those getting more, but those giving more.”

Friday

Growing up in a poor area can sometimes make us feel small

It may help us to know that lots of people who have become successful grew up without a lot of money

Here are some you may know:

Ellie Goulding - Welsh Borders

Elton John - Middlesex

David Beckham - London

Cheryl Cole - Newcastle

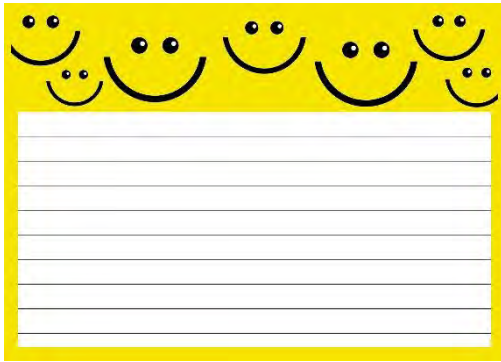
JKL Rowling - Scotland

Dele Ali - London

FEELING
GOOD
ABOUT ME

It isn't money that makes us strong it is self-belief





Write or draw an activity you
and your community could do
together



If you are still in lockdown
could you all do it at the same
time in your room?

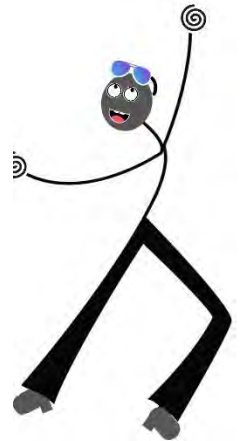


Some ideas:

Sing a song,

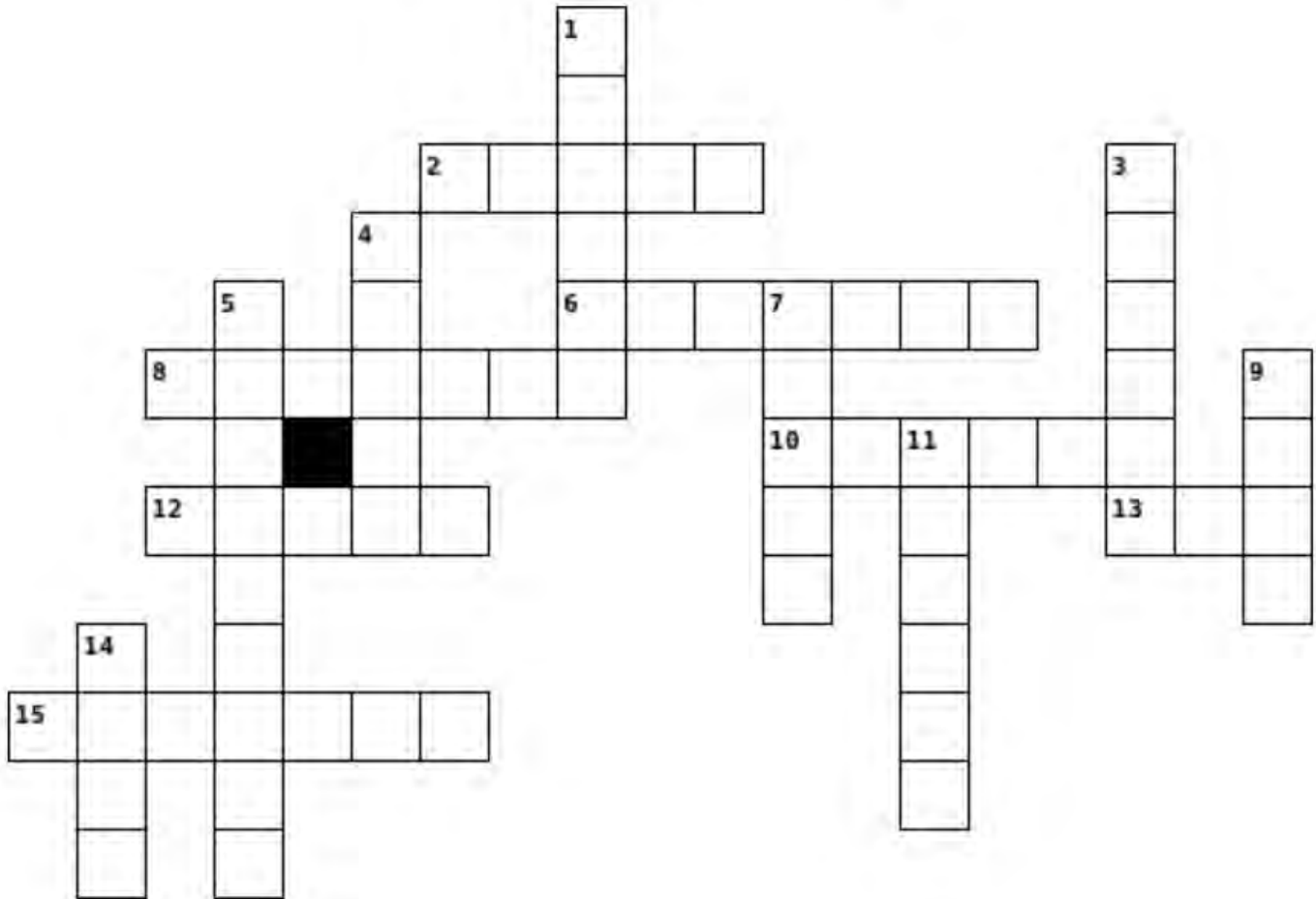
Do some dance moves

Do same workout



Saturday

Community Crossword



Down

1. Yesterday is the past, today is the present, tomorrow is
3. Notting Hill carnival month!
4. You've had extra pin credit for these during lockdown
5. The word for feeling a part of something
7. Capital of Ghana
9. People play Fifa, CoD and other games on this
11. Fight for your _____. You deserve equality
14. Sports like football, basketball and rugby need these

Across

2. Keep drinking this, it will help keep you healthy
6. We wish Muslims "Eid Mubarak" on the last day of this
8. Her fans are known as beyhive
10. We clap for _____ on Thursdays at 8pm to show our thanks
12. The emotion that everyone has felt during lockdown
13. The number of metres needed for social distancing
15. We need to _____ in ourselves to prove everyone wrong

Saturday



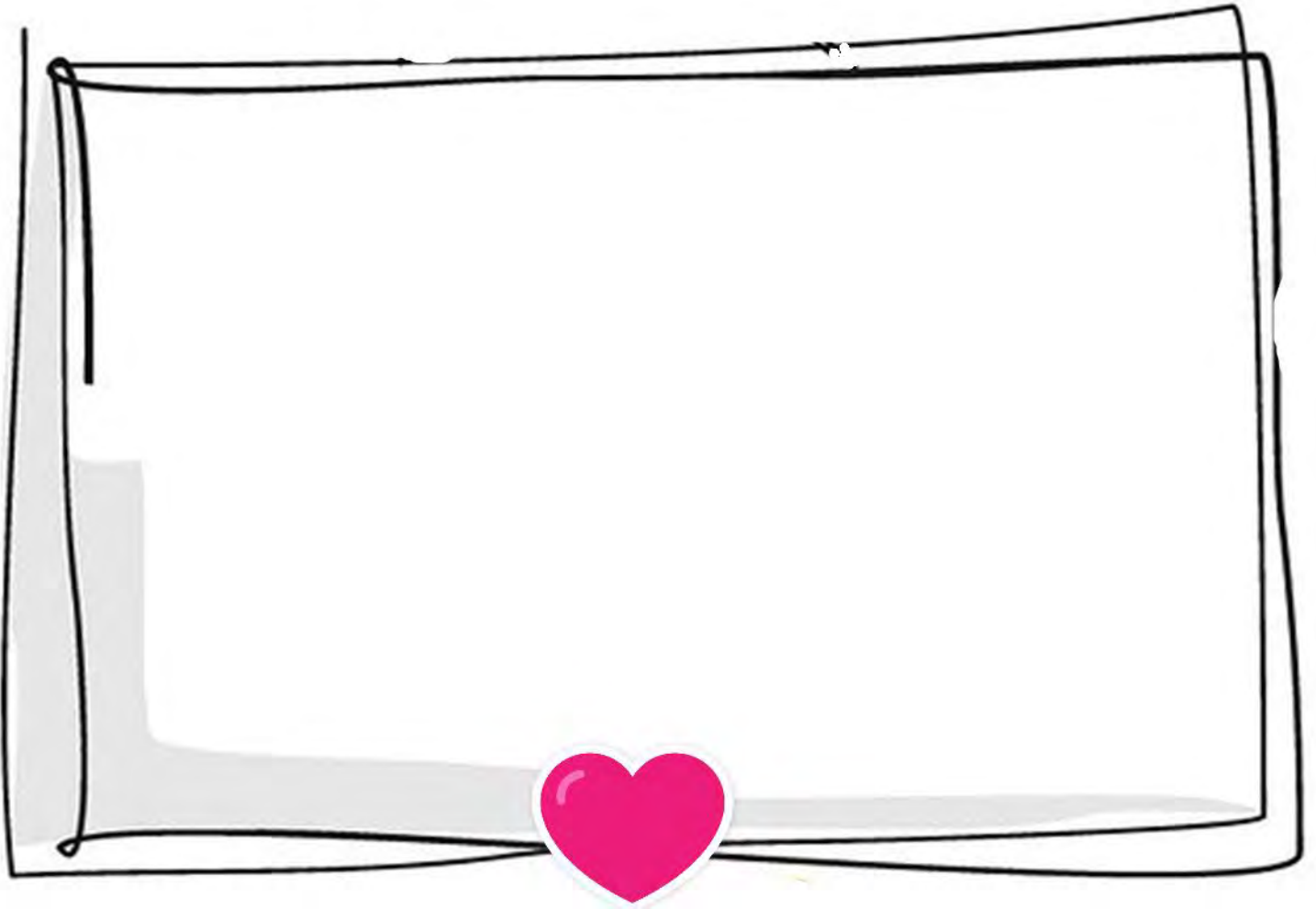
Do you
know how
to stand up
for your
rights?

- ✓ You have a right to be treated fairly
- ✓ Fair means equal
- ✓ Equal doesn't mean the same

If you are being treated wrongly, here are some
ways to speak up:

- ✓ Tell the person, or talk to someone
- ✓ Fill out a complaints form

Draw a picture or write about someone in
your community



What is helpful about them?

Could you do one thing today to help your
community like they do?

Stephen Lawrence, who was killed in a racist attack at just 18 years old. One young person in Youth Custody Service has written a piece about what Stephen's story means to him.

I remember growing up thinking

I was different because of the colour of my skin.

I was ashamed to be different. Ashamed I wouldn't fit in.

But now the light has shined upon a darkness that I call sin.

I say grab all the racism and put it in the bin.

People say I'm like Martin Luther King, Malcom X and Rosa Parks,

*because I say grab the racism
and tear it apart.*

*Stephen's story has shown me
to live my best life.*

I would say live it too because

*it could be taken away
by the blade of a knife.*

- L. W.

Stephen Lawrence, 1974 - 1993



BEING
ACTIVE

What could you do to help people in your community be safe?

What could you do to help stop racism?

We can all make a difference

Every little change helps



You ARE doing so well.
It is not easy.

Do you find this
magazine helpful?

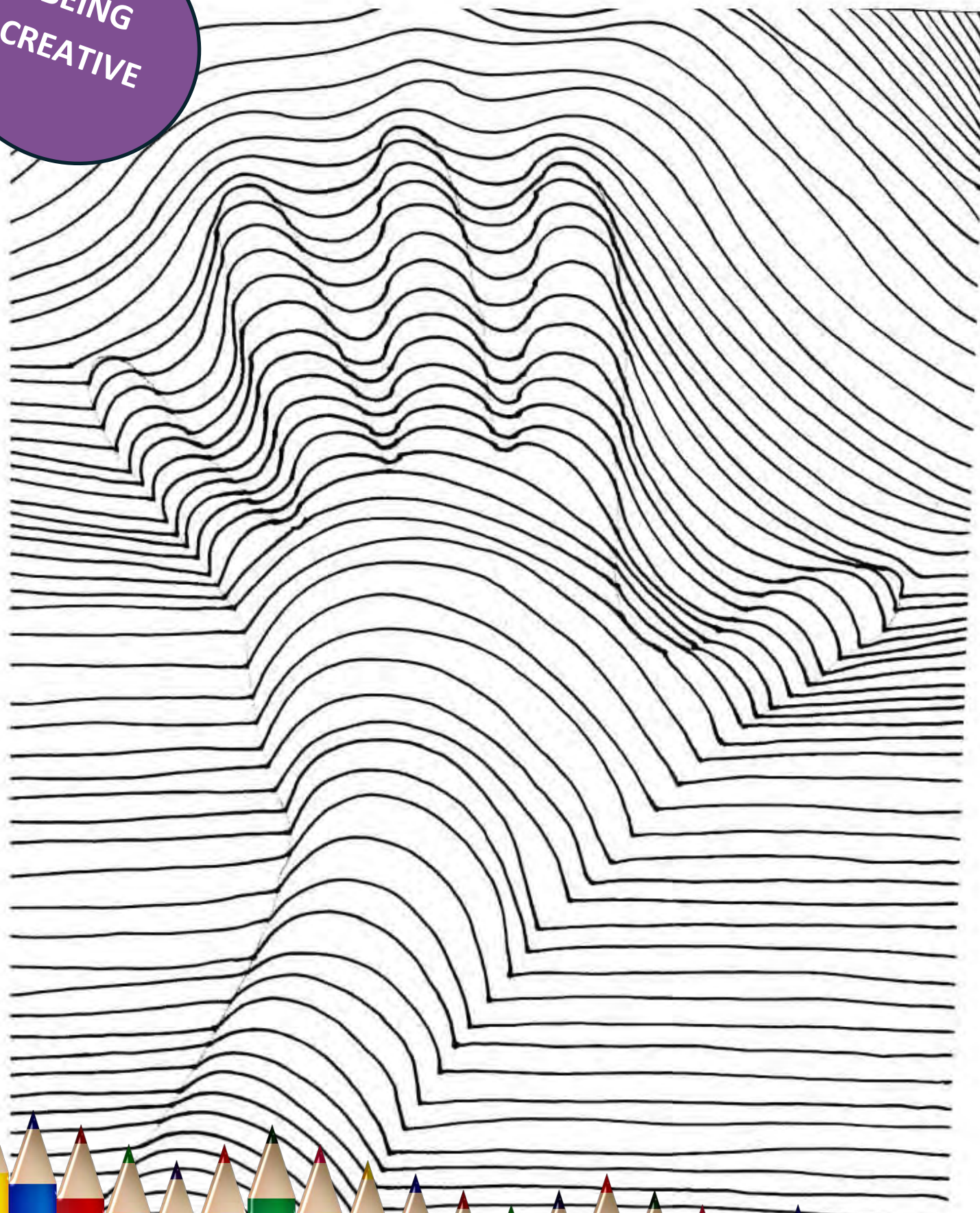
YES

☐

NO

☐

BEING
CREATIVE



Sunday

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

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10 how much do you feel like you belong?

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?

Remember to breathe.

Hang in there. You'll be okay.

Write down 1 thing that you learned this week:

.....

.

.....

Everything
will be
OK

Sudoku!

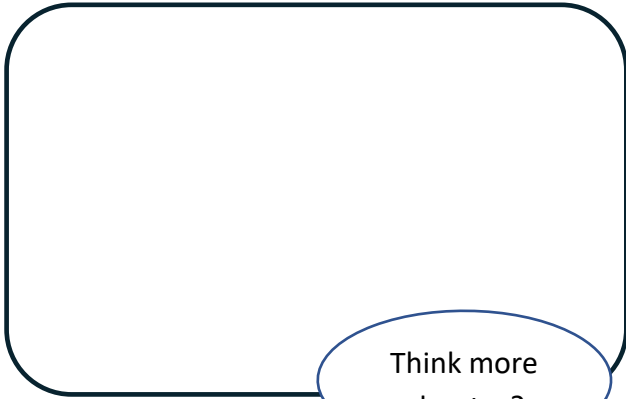
Sudoku is simple! Enter numbers from 1 to 9 in the blank squares.

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

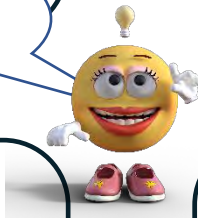
	4		5			1		6
			4			7		8
6		5						
4		2		1	5		7	3
5		3	6		7	8		9
8	7		9	2		5		4
						3		5
7		9			4			
2		8			9		6	

Your Week

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



Think more
about ...?



What have I
Learnt?

