



ISSUE 9, JUNE 2020

Welcome back to your Magazine

**This week is about life and how
we can feel a part of it.**

**Life is a gift and it is up to us
how we use it.**





Remember your circles?

These exercises will help to make choices to keep your life on track

Monday

Why are we here?

We were all put on this earth for a reason



Here are things to help you find out
how to make a difference in this
world:



What do you love?



What are you most proud of?



What do you enjoy doing the most?



What is most important to you in the
world?

Look through your answers then
fill this in

I am on this earth to

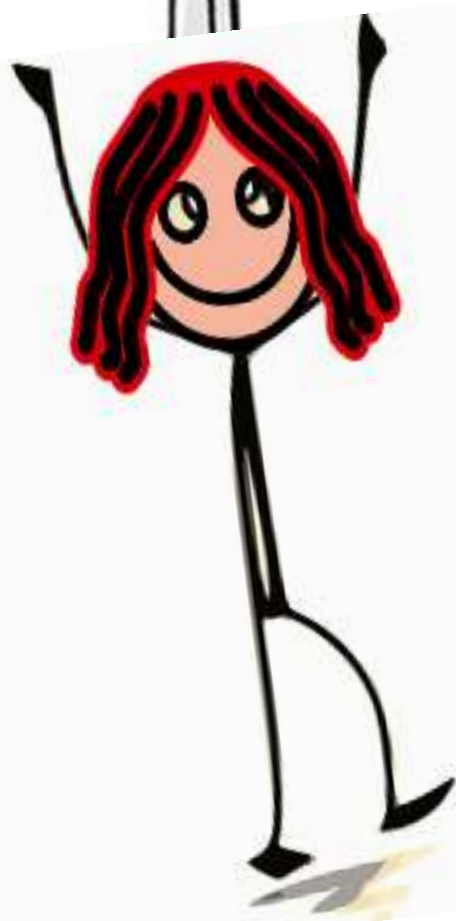
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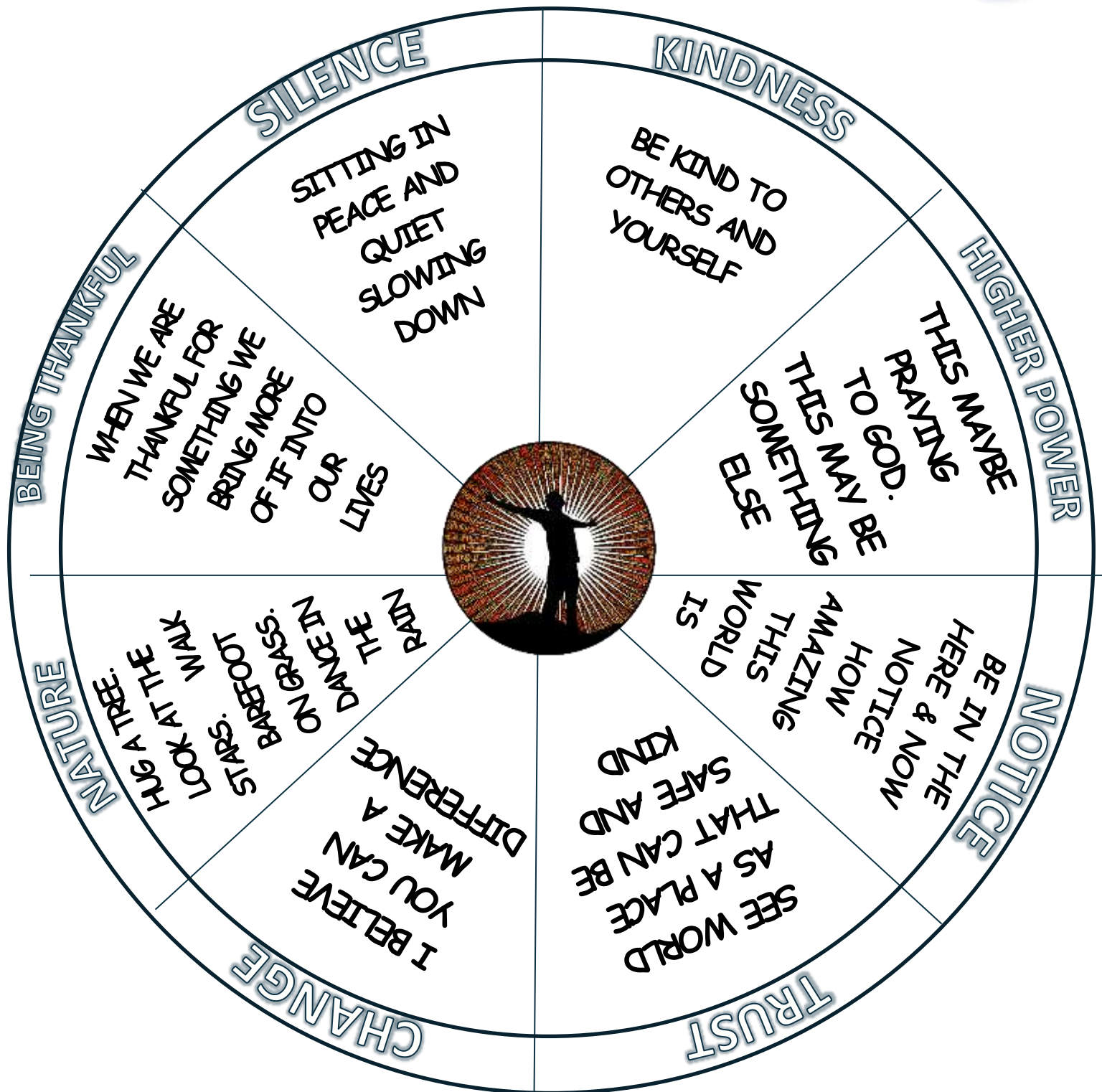
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Tuesday



Colour in the parts you do often



Are there any areas you could make stronger?



What could you start to do more of?



.....



.....



.....



.....





BEING
CREATIVE

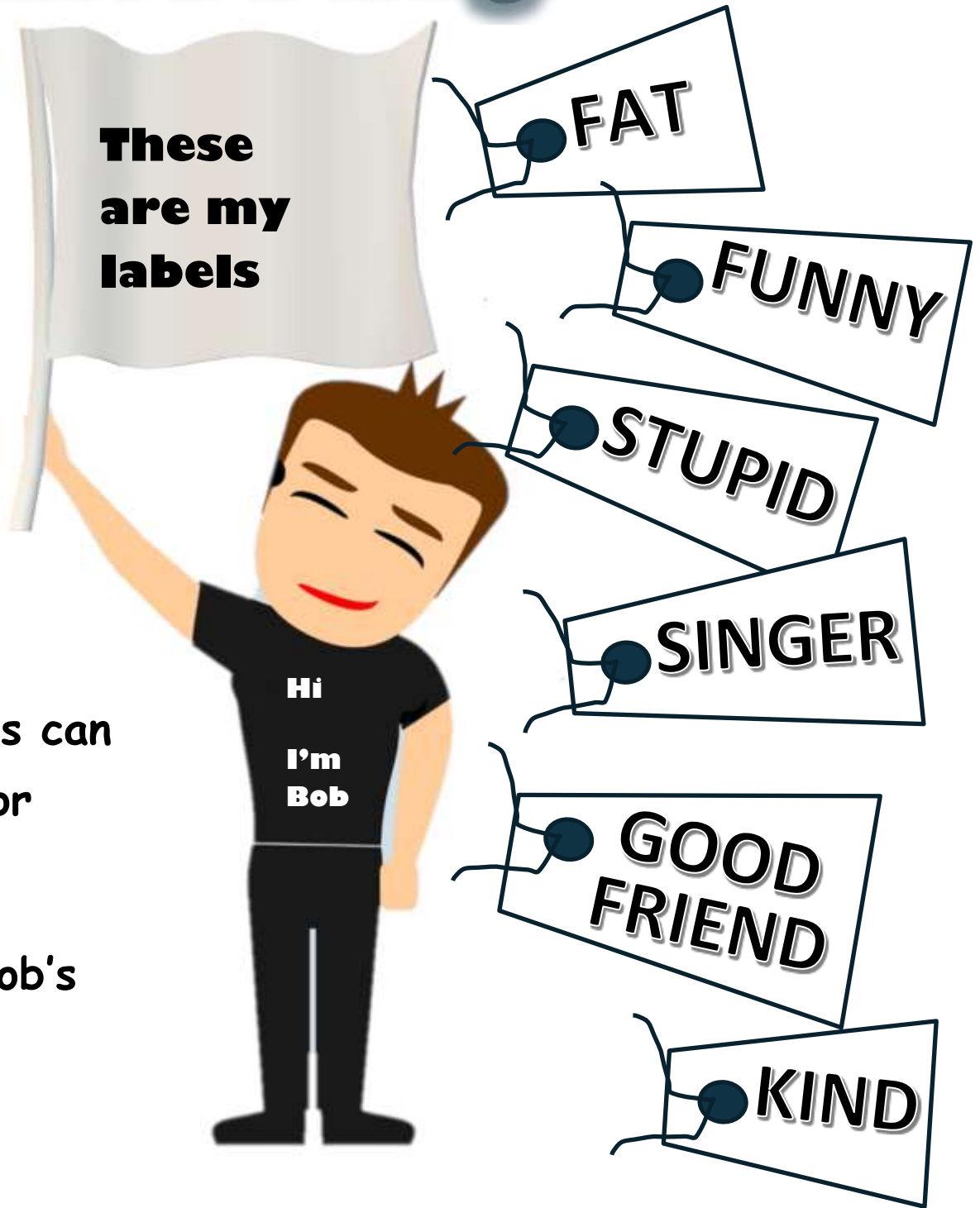
Wednesday

Labels

Labels are the things people decide about us in life

These labels can be helpful or unhelpful

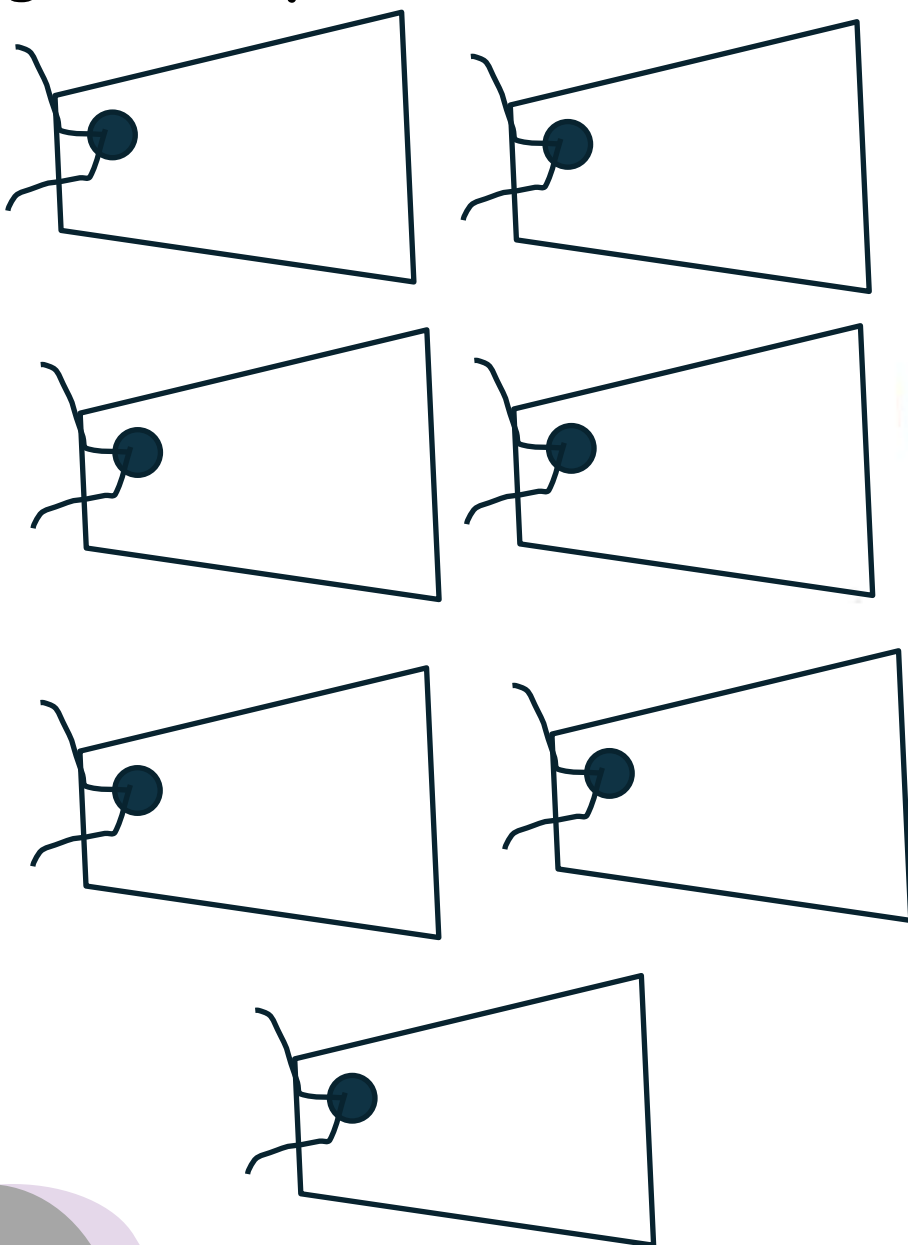
Here are Bob's labels



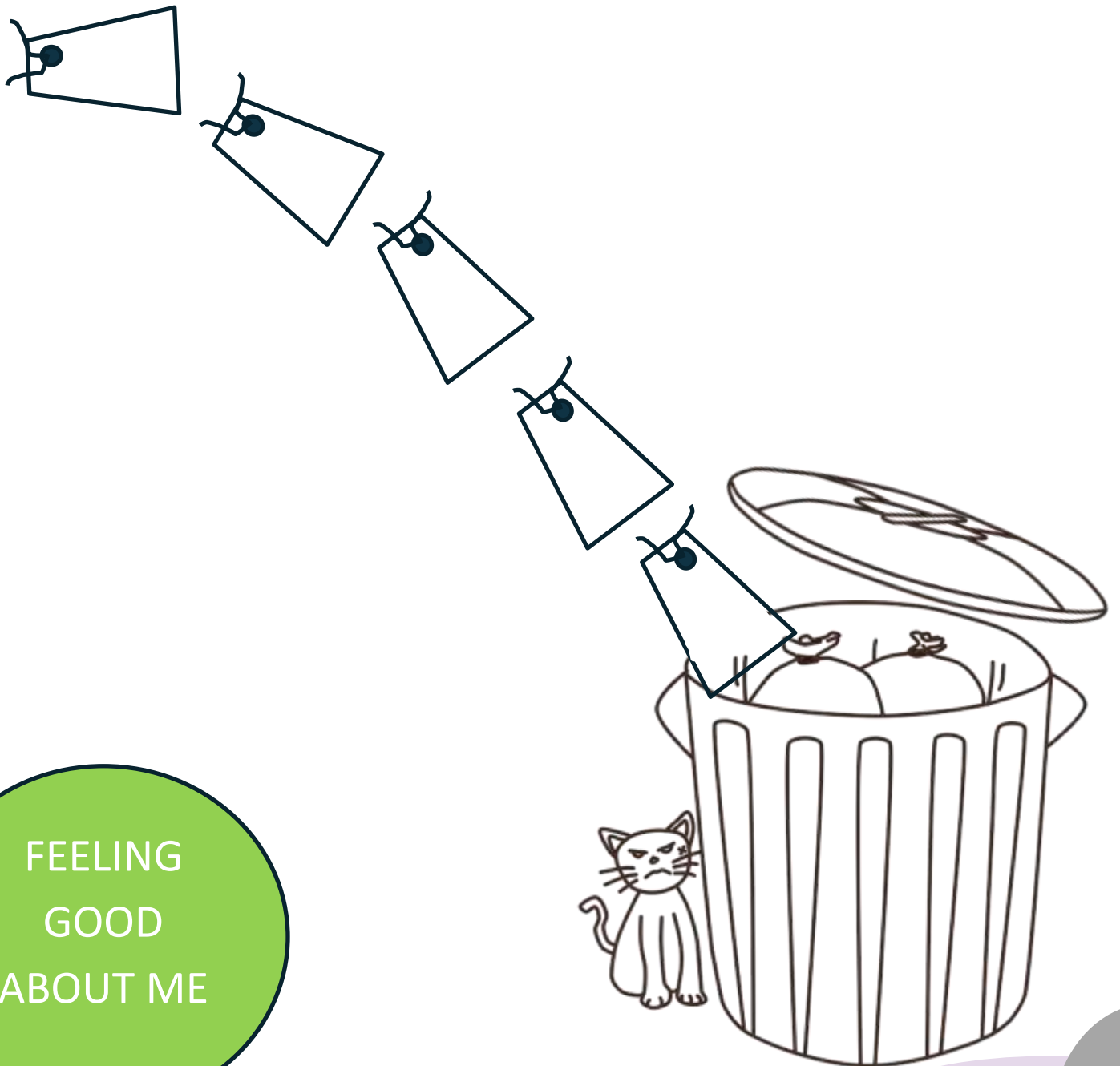
Because Bob was told these labels he started to believe them about himself

He then started to behave in a way that matched these labels.

Fill in your name and labels that have been given to you



You can change these labels and
throw the old ones in the bin



Name

.....

.....

Hi. I'm

.....

Fill in new
labels

How would
you like to
see yourself
and behave
now?



lets get physical

GARGOYLE

DAREBEE WORKOUT © darebee.com

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



20sec squat hold



20sec plank hold



20sec squat hold



20sec plank hold



20sec shoulder taps



20sec plank hold



20sec squat hold



20sec plank hold



20sec squat hold

+

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

Word Search - People may describe me as...



ANGRY
 BOSSY
 BRAVE
 CARING
 CHATTY
 CLEVER
 FRIENDLY
 FUNNY
 GENEROUS
 GRUMPY
 HONEST
 KIND
 LAZY
 LOUD
 LOYAL
 LUCKY
 MOODY
 POLITE
 POPULAR
 QUIET
 RUDE
 SELFISH
 SERIOUS
 SHY
 SILLY
 SMART
 WISE

Be kind



YOU CAN
 CHANGE
 THE
 World



Thursday



When people die they have words written about them.

These words are how that person is remembered.

This is called an epitaph.



What would you like it to say on yours?

How do you want people to remember you?



Small acts
CHANGE
THE
World

You can make this happen

Lets start today!

What could you do today so
people remember you in this
way

✓

.....

✓

.....

✓

.....

✓

.....

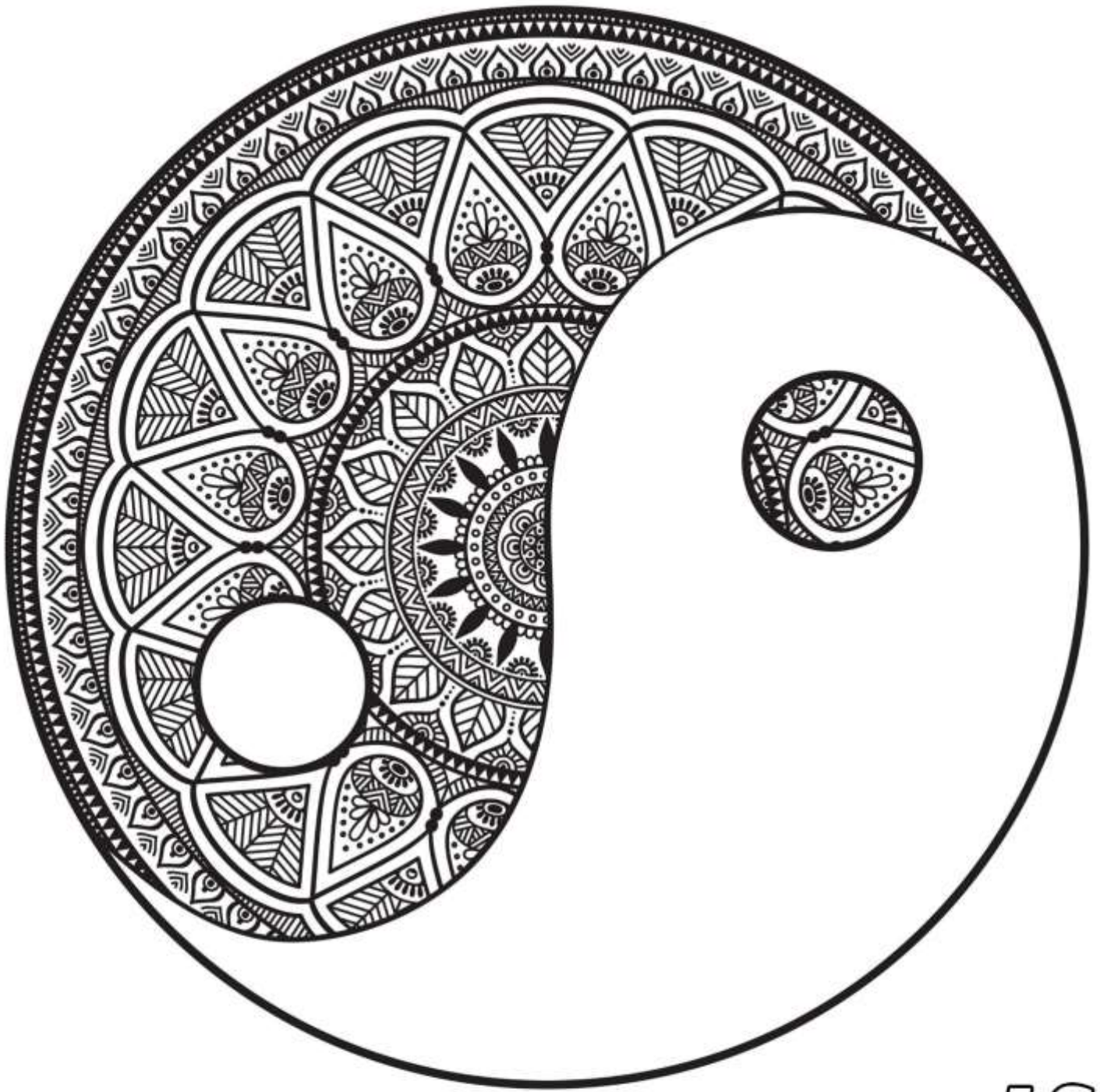
Be kind
TO EVERY
kind

Be kind
TO
YOURSELF

FEELING

GOOD

ABOUT ME



Believe in *yourself*
and you will be
unstoppable

BEING
CREATIVE

Friday



Life isn't about waiting for
the storm to pass



It is learning to dance in
the rain



Enjoy this moment now
Life is not a rehearsal
Today is all that exists

lets get physical

**BEING
ACTIVE**

CAN'T TOUGH THIS

WORKOUT
BY DAREBEE
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20 jumping jacks



20 shoulder taps



20 leg extensions



10 flutter kicks



10 bridges



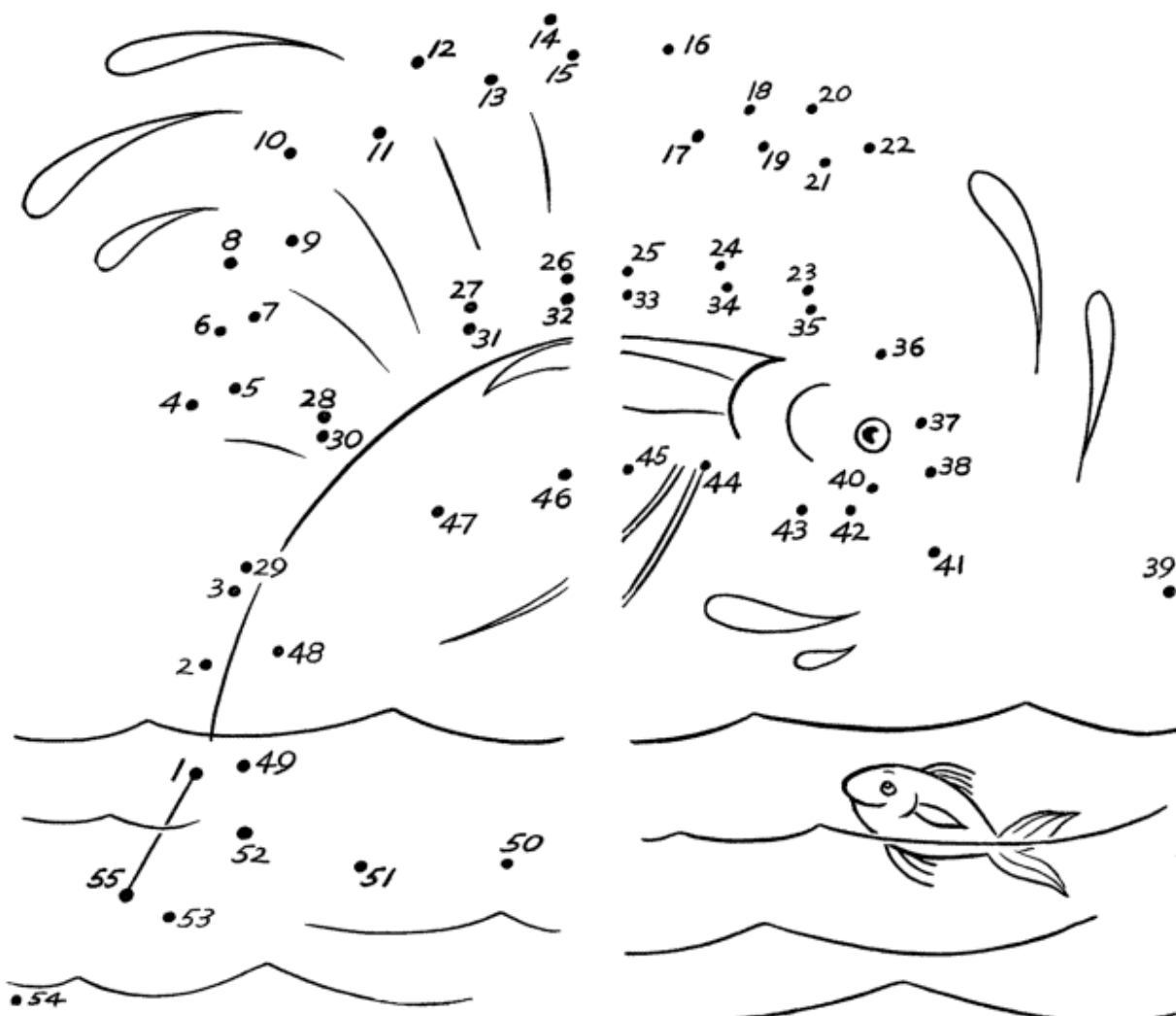
10 sitting twists

Minutes worked:

Feel good score:

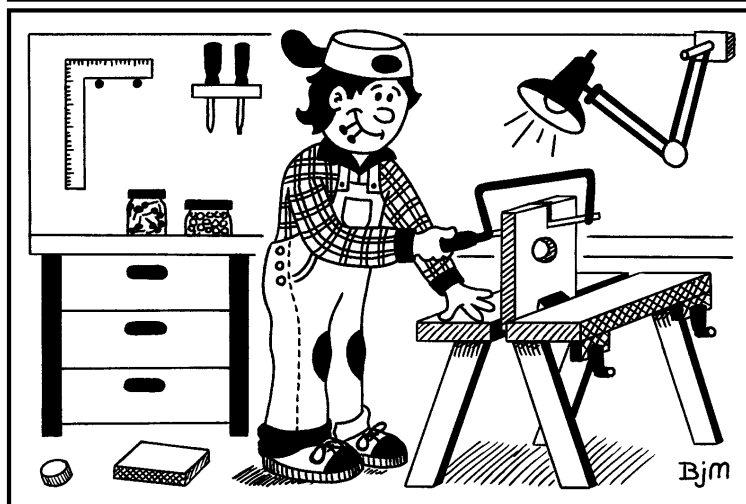
Remember to warm up before
exercising and cool down
afterwards! Simple stretches
will help your body cope with
activity





ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Carpenter's side pocket is colored in. 5. Top of hat is colored in. 6. Elbow on lamp arm is colored in. 7. Pant cuff is colored in. 8. Hole in board has moved down. 9. Tall jar has moved. 10. Screwdriver has moved. 11. Bottom drawer is narrower. 12. Carpenter square is longer.

SPOT THE DIFFERENCE

Saturday



Look at the tapping points on the picture.

Gently tap on these points of your body

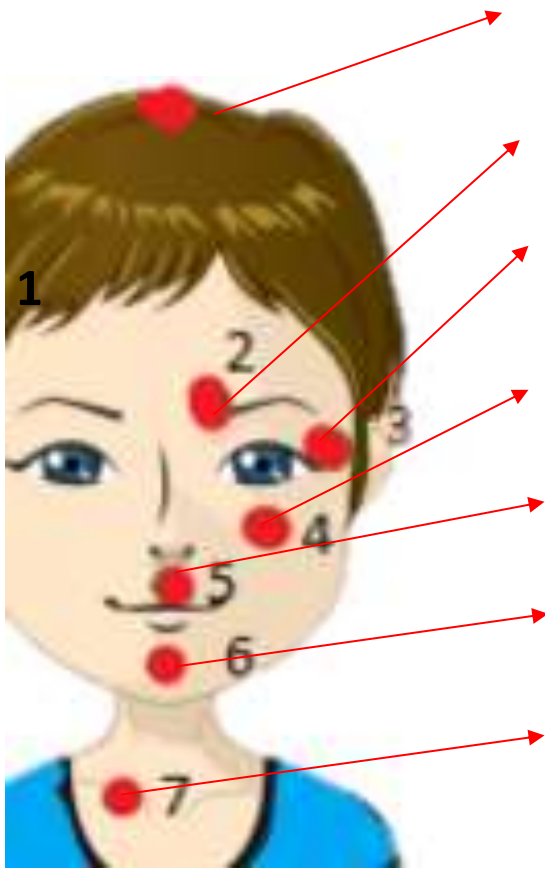
Tapping on these points can make you feel calm and happy.

Try tapping on these points 20 taps on each point.

How do you feel when you have finished?

Now lets try something different....

Say this and tap on these points



I don't always feel worthy

But I'm making changes

Sometimes it's hard

But good will come

I feel I don't deserve it

I wonder why?

Could I let it go?

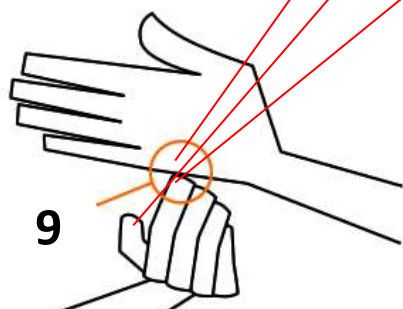
Let go of what is holding me
back?

Let go

Let go

Live well, be happy.

Now breathe deeply and see
how you feel. Repeat this
exercise when you need to.





Word Search - Sweet Treats

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

CELEBRATIONS
 CHOCOLATE
 COLABOTTLES
 CREMEEGG
 DRUMSTICK
 FUDGE
 GOBSTOPPER
 JELLYBABIES
 KINDEREGG
 LIQUORICE
 LOVEHEARTS
 MARSHMALLOW
 MINSTRELS
 MINTS
 POLOS
 QUALITYSTREET
 REFRESHERS
 ROSES
 SHERBET
 SMARTIES
 STARBURST
 TOFFEE
 WINEGUMS

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



1. Top of pyramid is colored in. 2. Top of pyramid is colored in. 3. Top of pyramid is colored in. 4. Top of pyramid is colored in. 5. Top of pyramid is colored in. 6. Top of pyramid is colored in. 7. Cactus has moved. 8. Top leaf on branch at left has moved. 9. Brim on sombrero is wider. 10. Stripe on shirt sleeve is taller. 11. Rope is longer. 12. Walking cane is taller.

SPOT THE DIFFERENCE

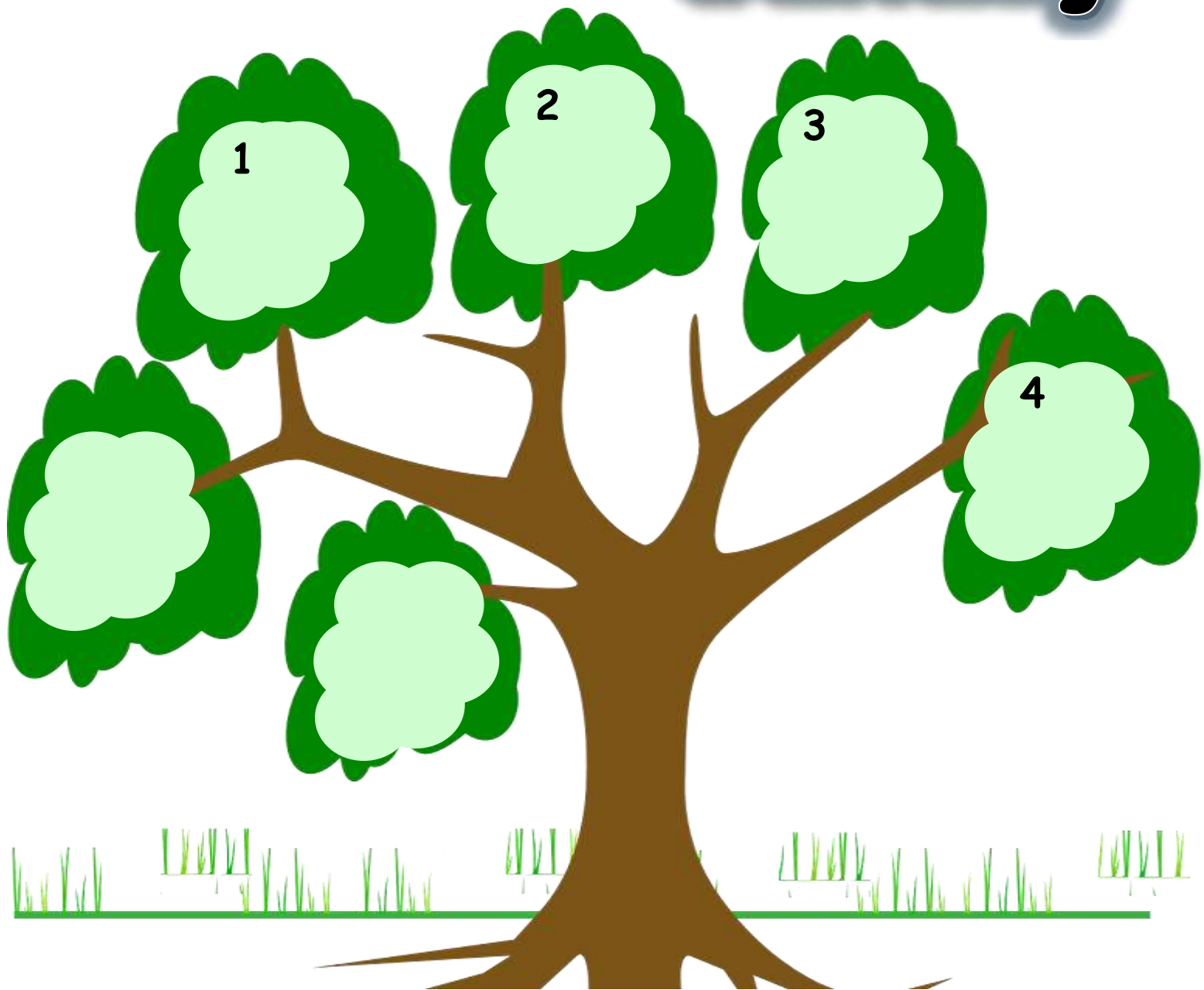


What we have here is
the sweet alphabet.
Each letter is taken
from the wrapper of a
sweet or chocolate bar.
But can you guess what
each one is?

Which is your favourite?

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

Sunday



This is the TREE OF HOPE
Add your branches and watch them grow

1. *Write your wish for today*
2. *Write a wish for a friend*
3. *Write a wish for how you want your life to look in 5 years time*
4. *What else could you wish for?*

Your Week

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

A storyboard template consisting of six empty rectangular boxes with rounded corners, arranged in a 3x2 grid. The boxes are intended for recording the last six days. In the center of the grid, there is a vertical strip of three images. The top image shows a purple silhouette of a person with a red heart in the center, surrounded by the words 'CARE', 'ACCEPTING', and 'ALL'. A speech bubble from the left box points to this image with the text 'Care about me more'. The middle image is a solid yellow rectangle. The bottom image shows a cartoon man with brown hair, wearing a black t-shirt and black pants, with his arms raised in a celebratory gesture. A speech bubble from the left box points to him with the text 'Change my labels'. The background of the page features abstract wavy shapes in grey, white, and purple at the top and bottom.

Care about me more

Change my labels