

YOUR MAGAZINE

# *Relationships*

ISSUE 5, MAY 2020



**Welcome back to Your Magazine**

**This week is about relationships.**

**We have some ideas, puzzles and exercises about relationships.**

**As humans we all have grown to need others.**

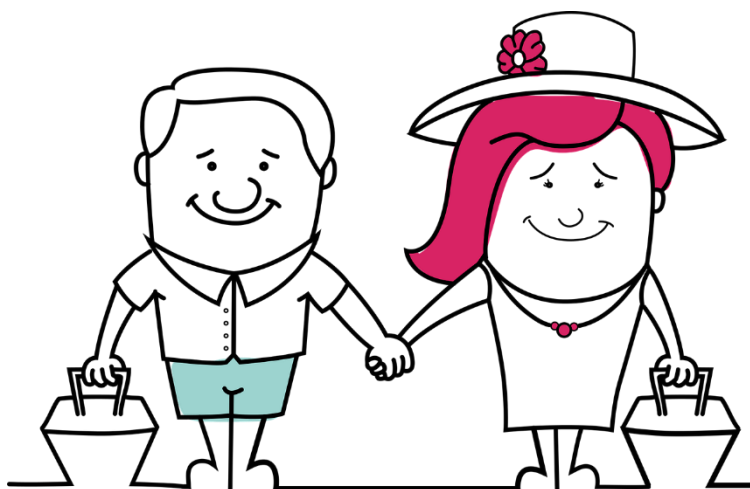
**Relationships can be hard but they can also be great.**



One of the most important relationships we have is with ourselves.



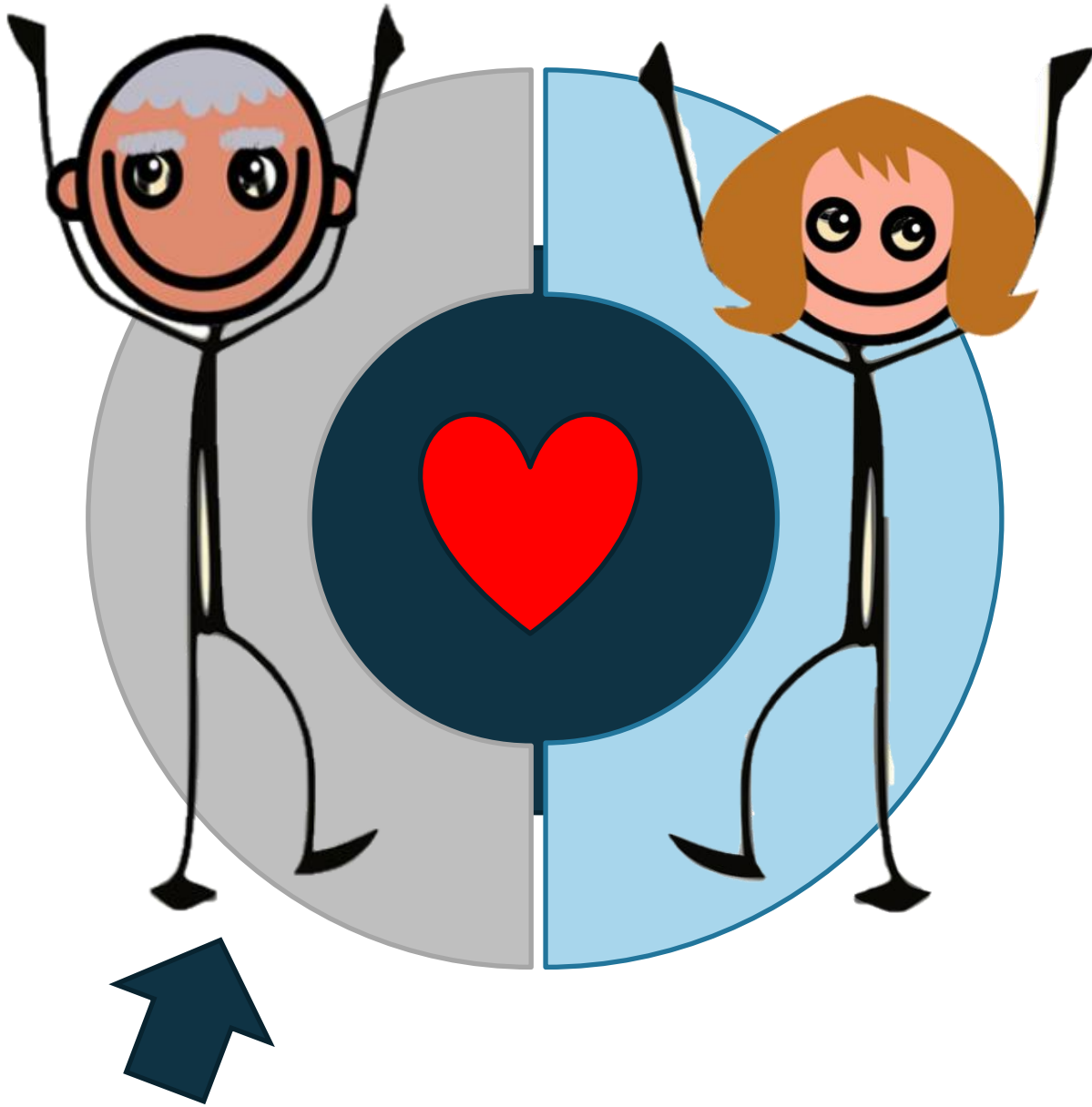
If we can improve our relationship with ourselves this will help us to connect in more helpful ways with others



**LOVED &  
WANTED**

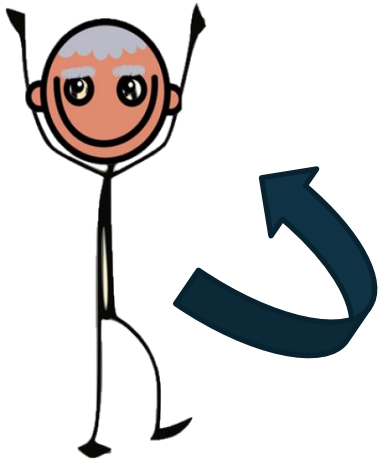


# MONDAY

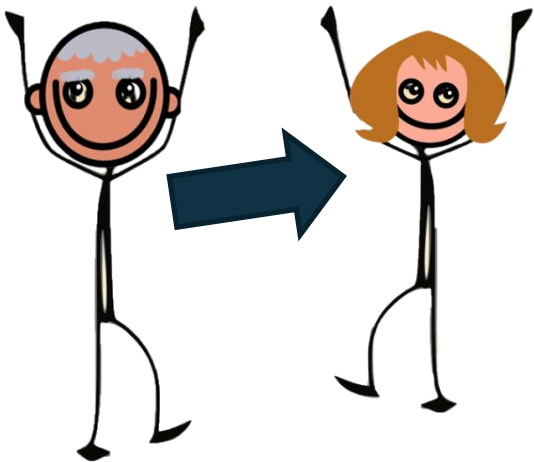


We are half of every relationship.  
So it is very important to look after ourselves.  
If we can start to care about, love and  
forgive ourselves then we can do the  
same for others

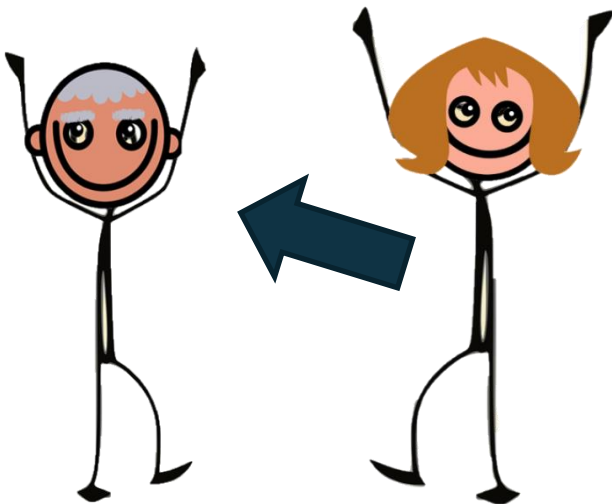
LOVED &  
WANTED



Be kind to yourself



This helps you be kind  
to others



This helps them be  
kind to you

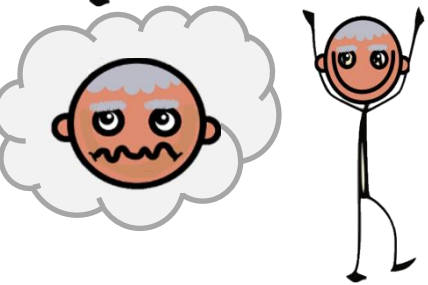
FEELING  
GOOD  
ABOUT ME



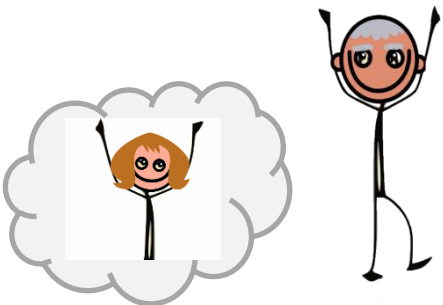
We can only control ourselves not others.



What can we do to be kind to ourselves today?



What could we forgive ourselves for today?



What could we do to help others today?



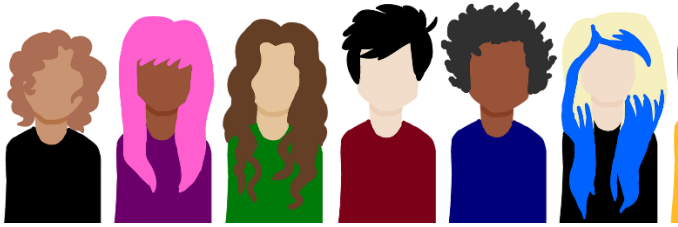
Pretend this is your cup- the better you are to yourself the more full it becomes. Then you have more to give



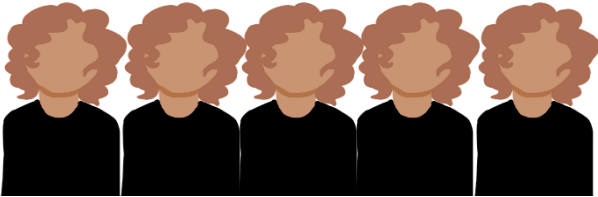
BEING  
CREATIVE

# Tuesday

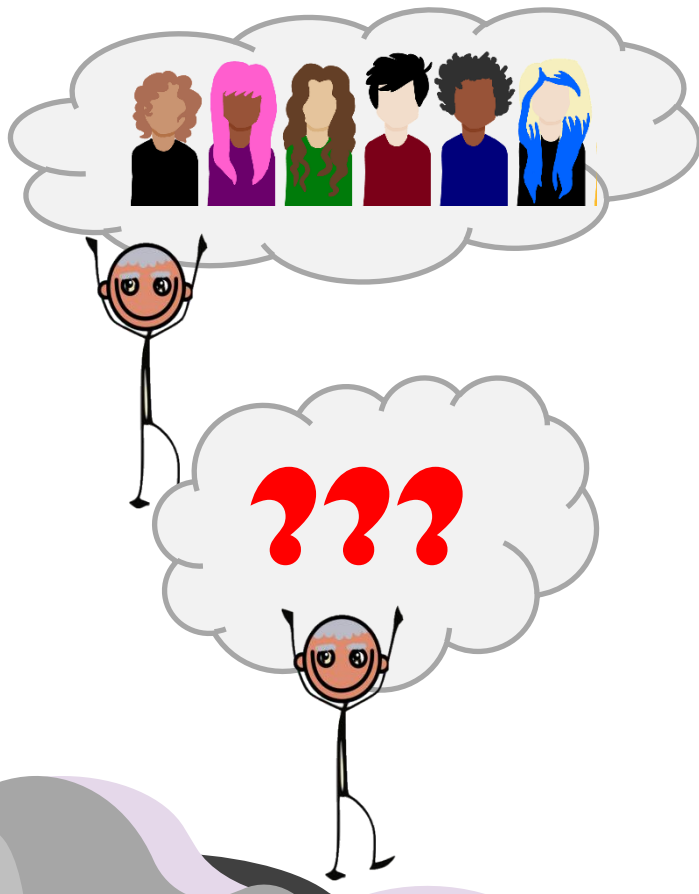
We are all different



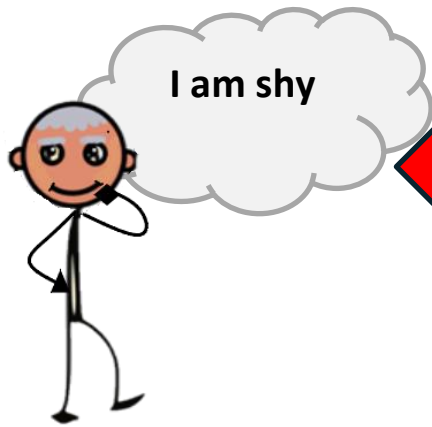
This is good or life would be boring



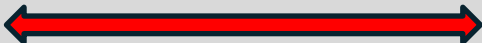



It is helpful to think about how we are different to our friends, partners or family



How can we think about those close to us so we understand them better?

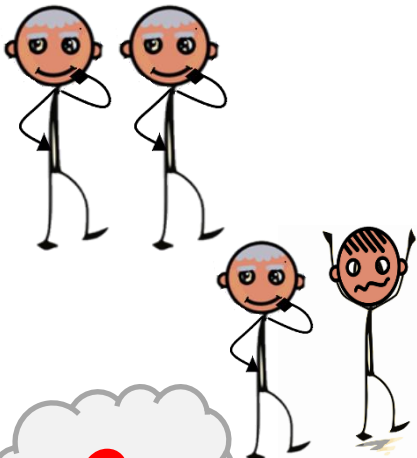


Look in this box. Choose which word is most like you. Is it the one on the left or right?  
Now do the same for your friends

<b>OPEN</b>		<b>PRIVATE</b>
<b>SHY</b>		<b>OUTGOING</b>
<b>QUIET</b>		<b>LOUD</b>
<b>FUNNY</b>		<b>SERIOUS</b>

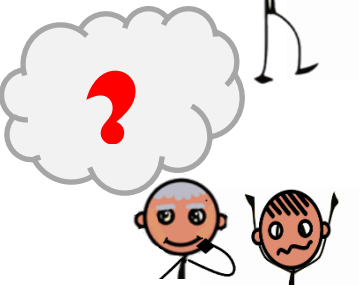


What have you noticed?



What areas are you both like each other?

What areas are you different?



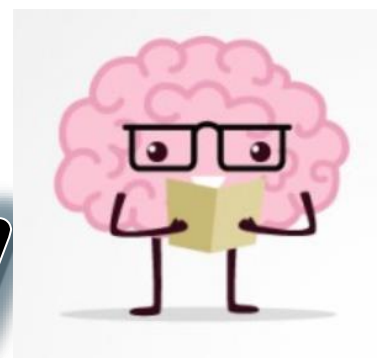
How can knowing this help your relationship?

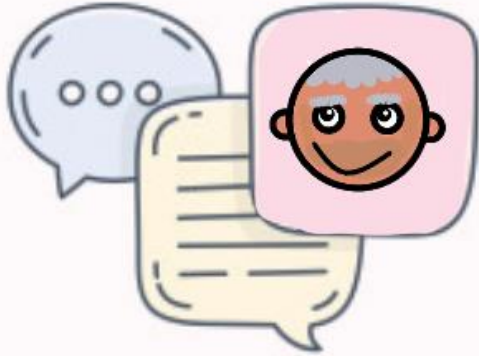
# Sudoku

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

*Look after your brain and your brain  
will look after you!*

# Wednesday



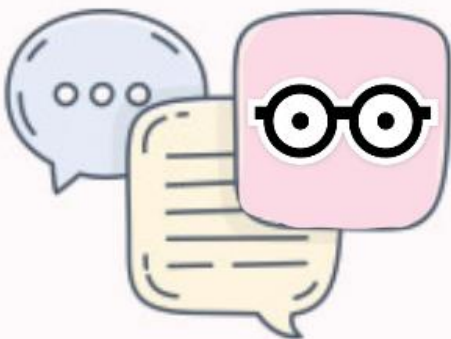


In lockdown it can be hard to think of what to say to people

This is because not much is going on right now



It can help to have some ideas ready



Find ideas of things you can talk about with others on the next page



What's the best series you have watched on TV?



If you could only listen to 3 more songs for the rest of your life what would they be?



What is the funniest thing you have ever seen?



If we had a magic wand where would we take ourselves, what would we be doing?



If you could have any super power what would it be?

# lets get physical

## HEALER

DAREBEE WORKOUT © darebee.com

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



5 calf raises



10 reverse lunges



5 calf raises



10 knee-to-elbows



5 high squats



10 knee-to-elbows



10 arm scissors



10 raised arm circles



10 arm scissors

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**

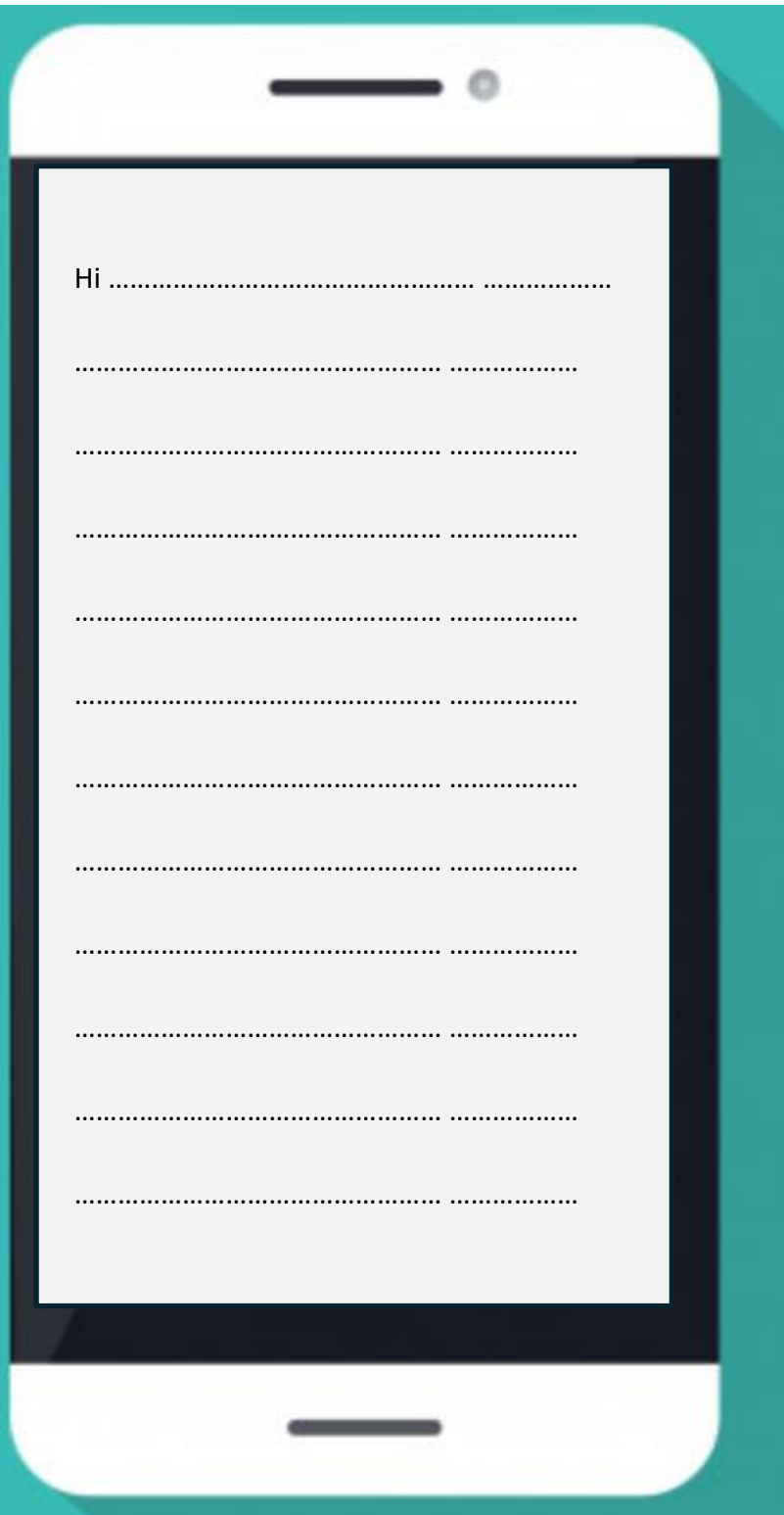


i have  
the  
**RIGHT**  
to be  
**SAFE**

**BEING  
CREATIVE**

# Thursday

FEELING  
GOOD  
ABOUT



Being in lockdown is hard.  
Being in lockdown in prison  
is even harder.

Wow! How amazing are  
you surviving this?

Connecting to others  
helps. It is hard when  
you can't just text or  
phone

If you were to send a  
text to a loved one what  
would it say?

Fill in this phone with a  
message you could post  
this out to them

Write me

**Write one thing you feel and why:**

**I feel \_\_\_\_\_**



**You have just OWNED you're emotion!**

**You can't pour  
from an empty cup.**

**Take care of  
yourself first.**

**FEELING  
SAFE**

# RELATIONSHIPS

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

FAMILY  
STAFF  
HELP  
SHARING  
SAFE  
FRIENDS  
TOGETHER  
INTIMACY  
RESILIENCE  
LOVE  
OPEN  
TEAM  
DISCUSSION  
COMMUNICATION  
PERSONALITY  
TALK  
SUPPORT  
SIMILAR  
CARING  
HAPPY

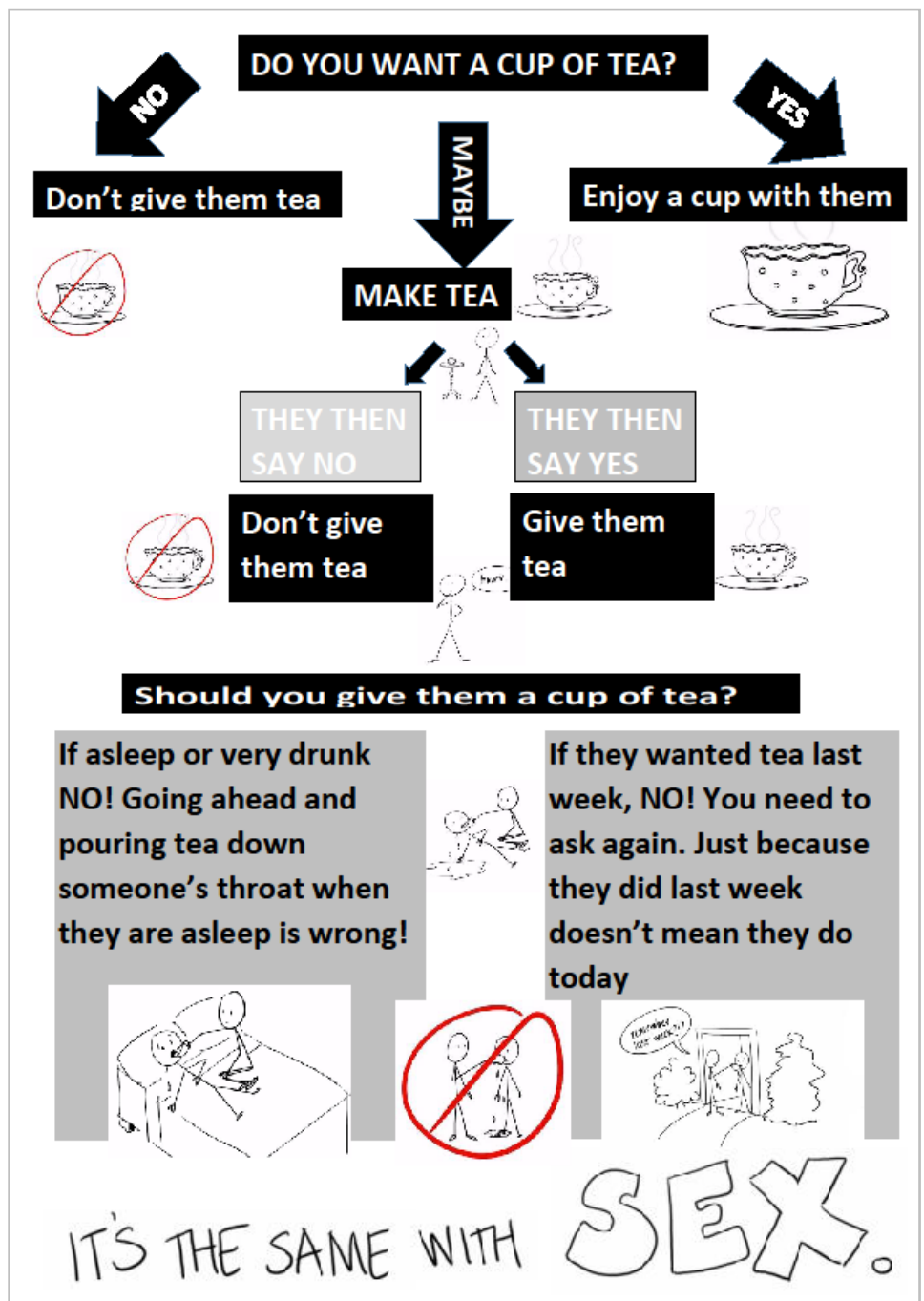
BEING  
CREATIVE

# Friday

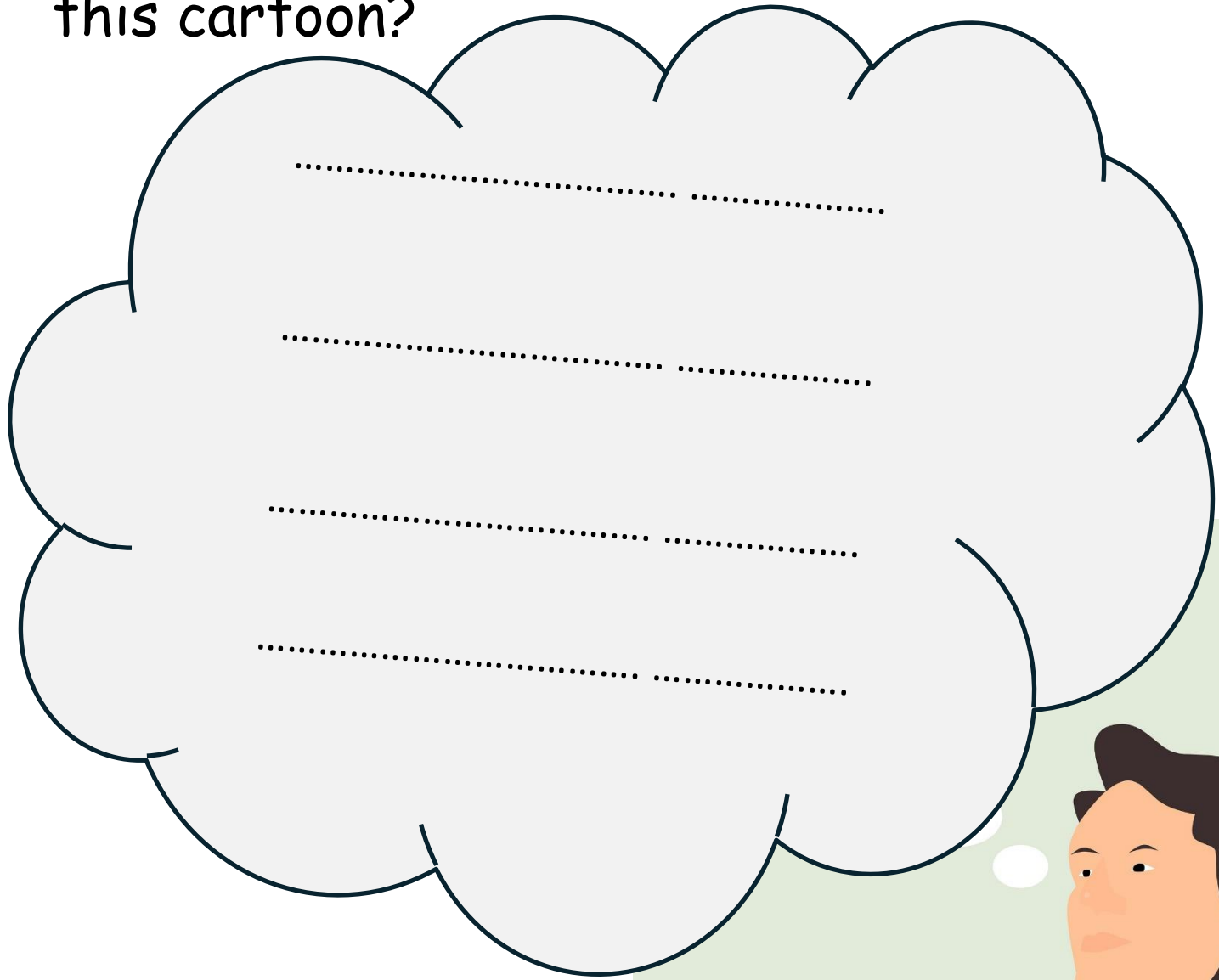
In sexual relationships consent is very important. What is consent?

Consent is both people being happy with the choice being made.

This is a fun example of consent but with giving someone tea.



Is there anything you have learned from this cartoon?



That's fantastic.



Understanding consent will help keep you and your partner safe in relationships

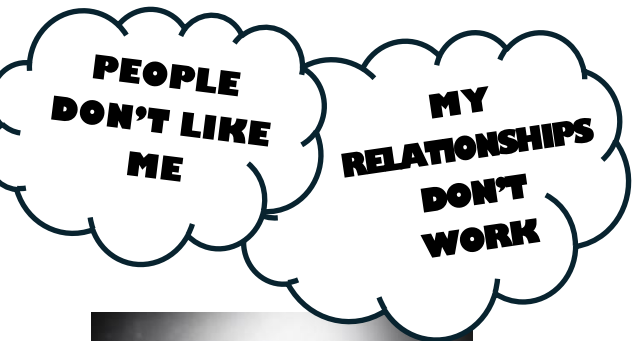


**Connect  
the dots**



**BEING  
CREATIVE**

# Saturday



We all have stories in our heads

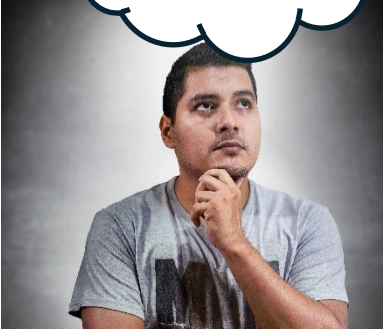
We all have things we tell ourselves

These thoughts may be unhelpful

They may be unhelpful thoughts about relationships

These are just stories in our heads not facts!

**Loser!**



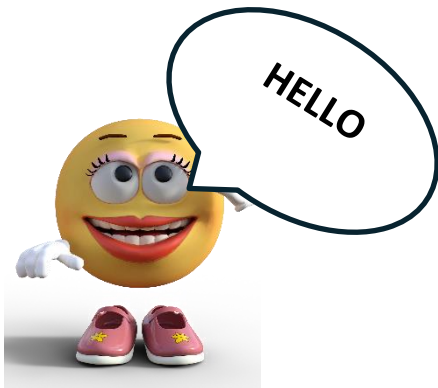
The more we believe these stories the more we make them happen.

It doesn't have to be this way.

Next time you notice these unhelpful stories in your head

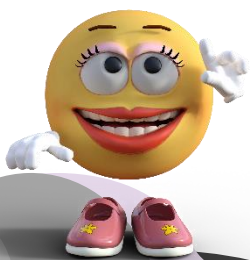


Just smile



Say hello story it's you again

I know you tell me these stories about me and relationships





Thank you for trying to help but I am going to do something that makes me feel good and brings me closer to others

How could I end these sentences in a good and helpful way

I am .....

Some people think I am .....

.....

Relationships can be .....

What we tell ourselves is so important so lets make these stories helpful

**In a world where you can be anything...**



*be kind*

lets get physical

Image: freepik.com

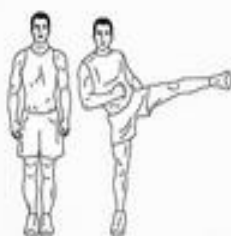
# EASY DOES IT

DAREBEE WORKOUT © darebee.com

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



10 step jacks



20 side leg raises



10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles

glad I did it?

minutes worked:

feel good score:

Write down 3 things you like about your body:

Write down 3 things you like about your body:

BEING  
ACTIVE



BEING  
CREATIVE

# Sunday Mindfulness

*Here and Now*



Mindful  
looking

Put a picture of  
someone you care  
about on this spot

Look at  
their face.

What do you notice?

What colours can you see in their hair?

What colour are their eyes?

What is the shape of their nose?

Are they smiling?

What can you notice that maybe you haven't before?



# Your Week

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

A storyboard template consisting of six empty rectangular boxes arranged in a 3x2 grid. The boxes are intended for recording the last six days of the week. The template includes two cartoon characters and two speech bubbles.

The first cartoon character is a man and a woman holding hands, standing in the center of the storyboard. The man is wearing a white shirt and blue shorts, and the woman is wearing a white shirt, a red hat, and a red necklace. They are both smiling. A speech bubble from the man says "I'm working on relationships".

The second cartoon character is a stick figure standing in the center of the storyboard, looking up at the sky. A speech bubble from the stick figure says "I miss my family".

