



YOUR MAGAZINE



Skills

ISSUE 12, JULY 2020

Welcome back to your Magazine

This week is about skills



We learn to do a skill.



Skills can help us lead a better life.



The more we practice the skill the better we get at it.



The more we enjoy the skill the better we feel.

A skill could be:



Playing an instrument



Doing a sport



Dancing



Fixing things



Being kind.



Remember your circles?

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

Monday



If you tried to teach a fish to ride a bike what would happen?

Yes, he would fail



If you tried to teach a fish to swim what would happen?

He would be fantastic.



We are all good at something

It is finding what we enjoy and what fits with who we are.



I'm Sue
I love to sing
I'm good at it



I'm Bob.
I love matching
I'm really good
at it.



I'm Sally
I love football.
I'm OK at it.



I'm Harry.
I'm great at
baking.

FEELING
GOOD
ABOUT ME

Hi, my name
is

I love to

.....

I am OK at it

☐

I am GOOD at it

☐

I am GREAT at it

☐

(Tick which one)



What could you do to get even better at this skill?

Everyone is good at something ... it is just finding
your thing!

Tuesday

Take your pick!

MUSIC



SPORT



**MAKING
THINGS**



**HELPING
PEOPLE**



DANCING



ART



COOKING



CLEANING



LEARNING



What is your skill?



My name is
Chris

I don't
have a skill



Which
circle do
you enjoy
the most?

Sport!



Sport



Which kind
of sport?

Snooker



Well that's
a skill!

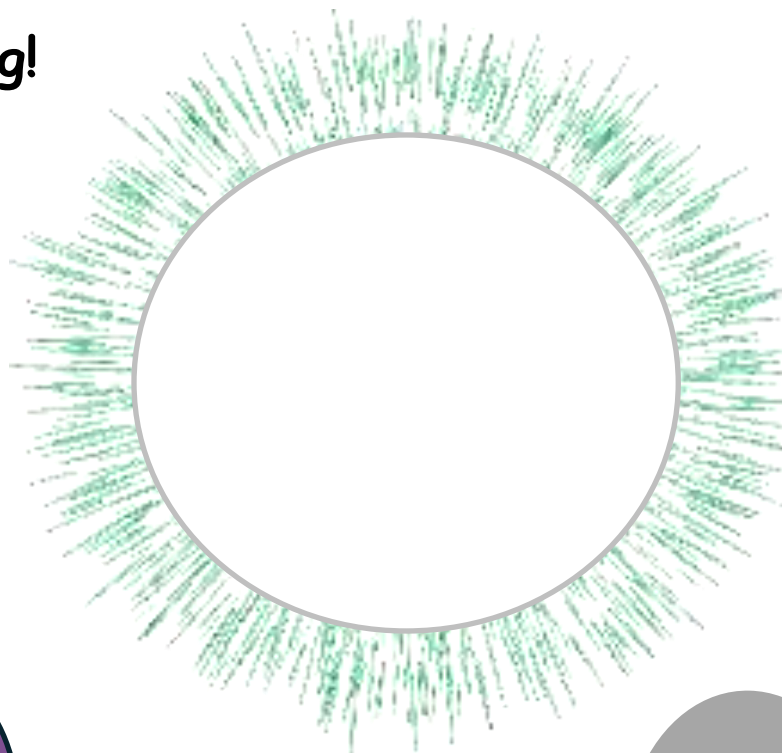
We all have a skill...



Maybe you haven't found yours yet

How exciting!

This can be your very
own circle.
Put your new skill in it.



BEING
CREATIVE



My Skill is

.....

**I'm going to practice
this every day this week**

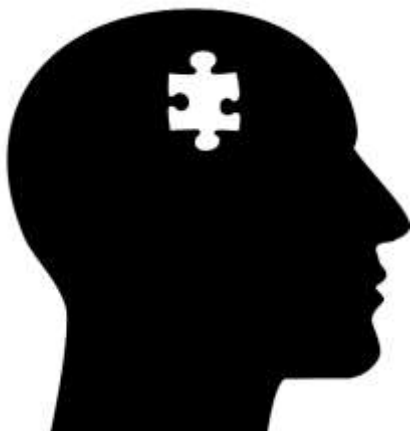
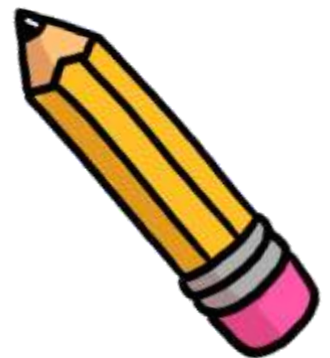
Name

.....

MY SOCIAL SKILLS

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

HELP OTHERS
 SUPPORT OTHERS
 SAY SORRY
 SHARE
 SET GOALS
 ASK FOR HELP
 POLITE
 LISTEN
 KEEP ON TRACK
 TAKE TURNS
 BE CALM
 BE KIND
 ACCEPT



Life is simple.
You get out what
you put in.

BEING
CREATIVE



Wednesday

Now you have picked your skill well done.



Who could help you get better at it?

It can be helpful to learn from each other.

Who do you know who could help you with your skill?



You are a human being

With a brain faster and
more skilled than any
computer!

LOVED &
WANTED



Wow you are amazing.

We are all different but all amazing!

There will always be people who can do things better than us.



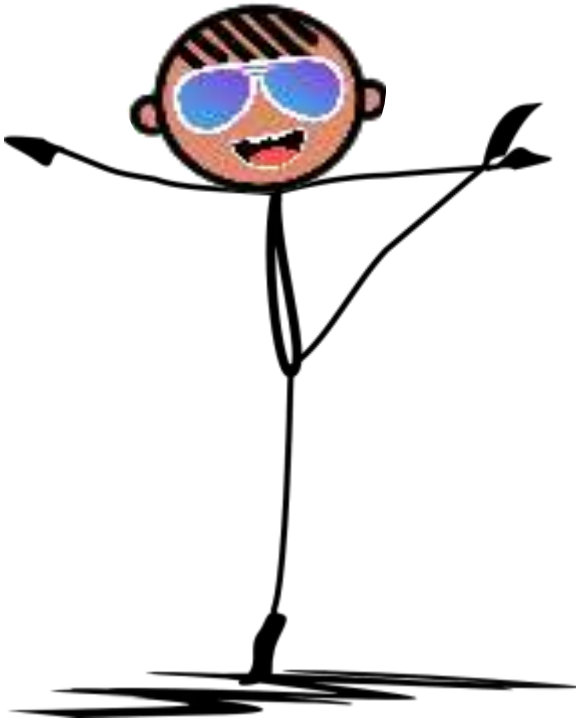
This is OK

This is normal

You are you and there is no one else like you in the world.

We can all do something we are proud of.

If people can do a skill better than us we
can learn from them



Did you practice your
skill today?

How did it make you feel?



lets get physical

DAILY **WORKOUT**

BY DAREBEE © darebee.com

3 sets | up to 2 minutes rest between sets



10 jumping jacks



5 squats



5 push-ups



10 high knees



10 climbers



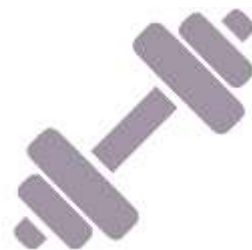
5 plank jump-ins

Minutes worked:

Feel good score:

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

**IT'S NOT ONE
GIANT STEP
THAT DOES IT.
IT'S LOTS OF
LITTLE STEPS.**



**BEING
ACTIVE**

FIND THE OBJECTS



Spotting things is a skill!

Colour them in as you find them. Then colour in the rest!

Thursday

Colouring in is a skill. Have a go at this



Doing puzzles is a skill

Have a go at this Spot the difference..

There are 10 to find



Now have a
go at this
Dot 2 Dot



BEING
CREATIVE

FEELING
GOOD
ABOUT ME

Being in the here and now is a skill.
You could have a go at this exercise



Scrunch up your face.

Notice how this feels.

Relax your face.

Notice how this feels.

Now put a big smile on your face.

Let your eyes smile. Lift your eyebrows.

Notice how this makes you feel.



What did you notice?
Which felt best?



Friday



We can learn skills to help us live a better life.

We can learn to:

STOP AND THINK

This stops us rushing into things.

BE KIND

This helps us want to do good for other people.



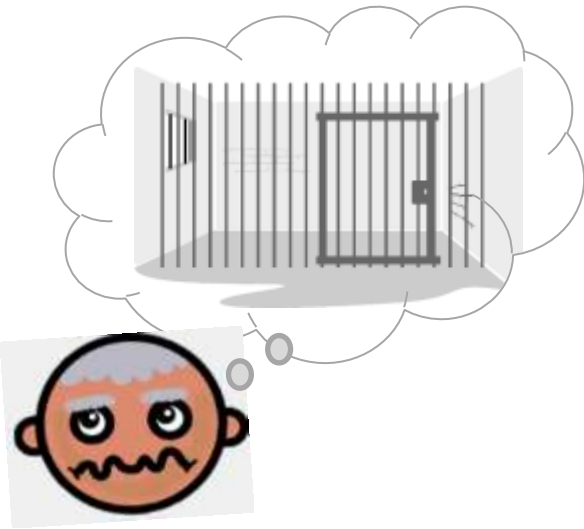
Doing good for others can feel great

FEELING
SAFE

WHAT HAPPENS TO ME.

If I do something wrong, will I get in trouble?

Remembering this can be helpful.



BE THANKFUL

Think about the little things in life that makes us happy.

Thinking of a better life helps us feel good. It brings more good our way.

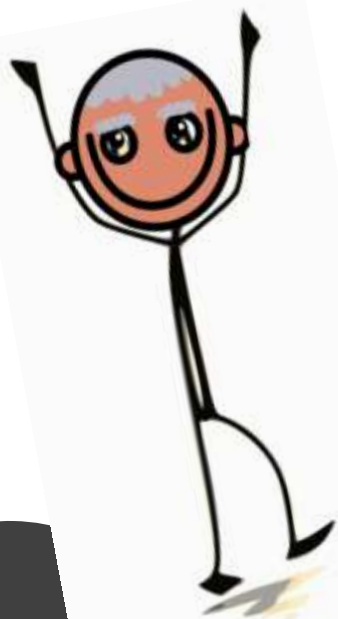


**HOW MANY OF THESE SKILLS
HAVE YOU DONE TODAY?**

MY SKILLS

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

MAKING
 MUSIC
 COMPUTERS
 FISHING
 FUNNY
 MATHS
 MATCHING
 CREATIVE
 DANCING
 FOOTBALL
 SINGING
 DRAWING
 CRAFT
 EFFORT
 ART
 BUILDING
 TALENT
 BAKING



"The beautiful thing about learning
 is that nobody can take it away
 from you." - B.B. King



lets get physical

superset

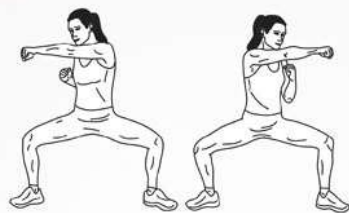
DAREBEE WORKOUT © darebee.com
repeat 3 times with 1 minute rest in between

Minutes worked:

Feel good score:



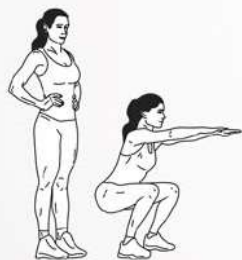
10 squats



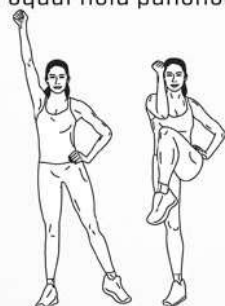
10 squat hold punches



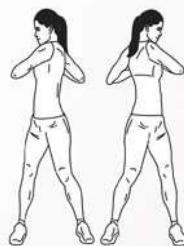
10 step back + knee-ups



10 squats



10 knee-to-elbows



10 torso rotations



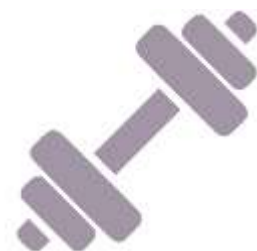
10 squats



10 single leg squats



10 back kicks



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

**BEING
ACTIVE**

Saturday



Ronaldo is a very famous footballer.

People say he is the best player in the world.

Ronaldo had a very poor childhood.

He started playing football when he was very young.

He practiced every day. Ronaldo is the first footballer to become a billionaire.

It doesn't matter rich or poor, you can do well.

Katy Perry is a famous singer.

She has loved singing from a young age.

Her first album did not do very well.

She did not give up.

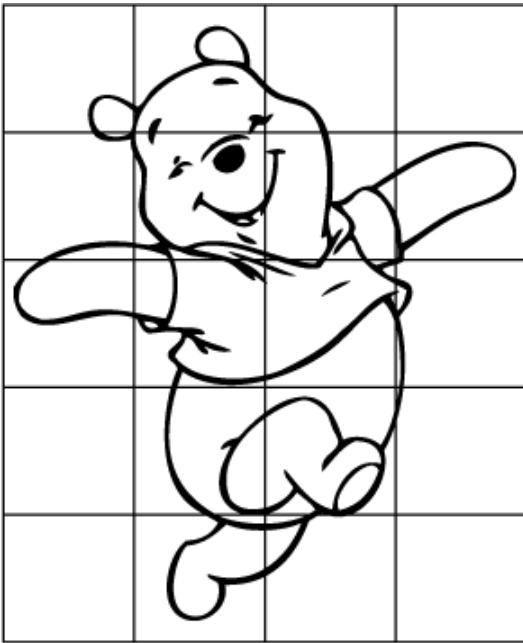
Her next two albums did really well.



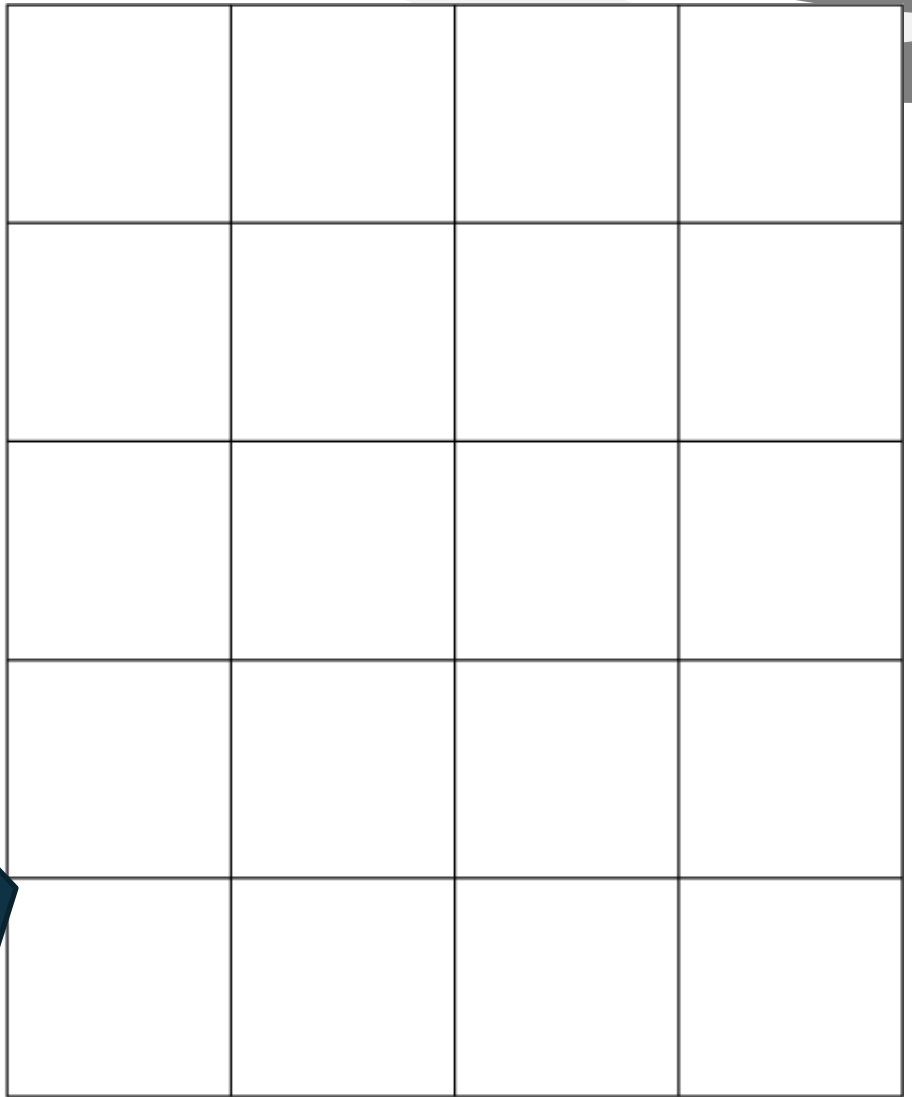
It is normal for things to go wrong when starting something new.

We can only get good at something by making mistakes.

FEELING
GOOD
ABOUT ME



Try copying this picture with the help of this grid...



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

Work out this Sudoku puzzle.

Sunday



What skills have you practiced this week?

What have you noticed?

What skills from Friday are you doing?



How are these
helping you live a
better life?

My name is

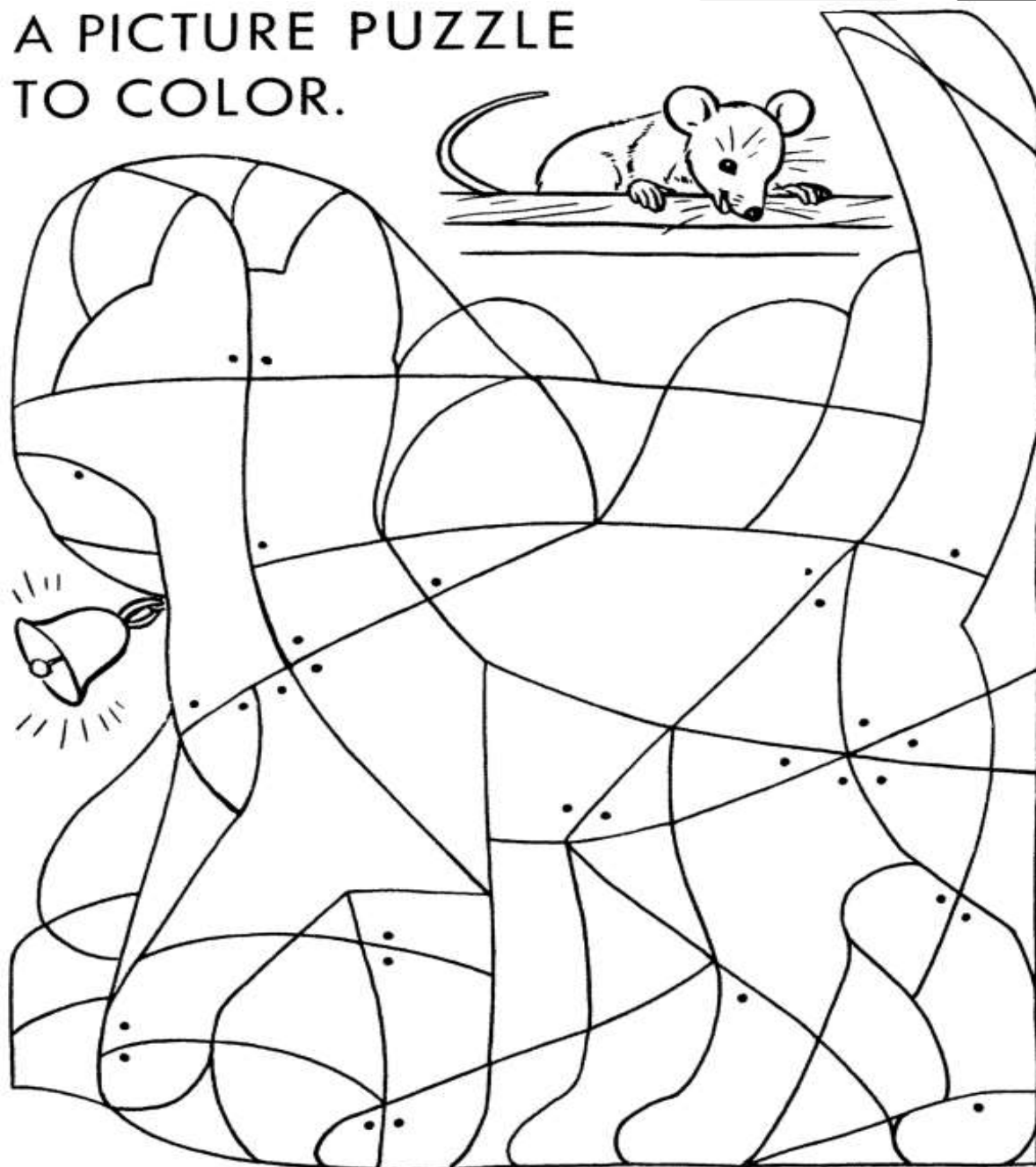
.....

I am proud of me
because

.....

.....

A PICTURE PUZZLE TO COLOR.



Color the dot pieces blue.

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

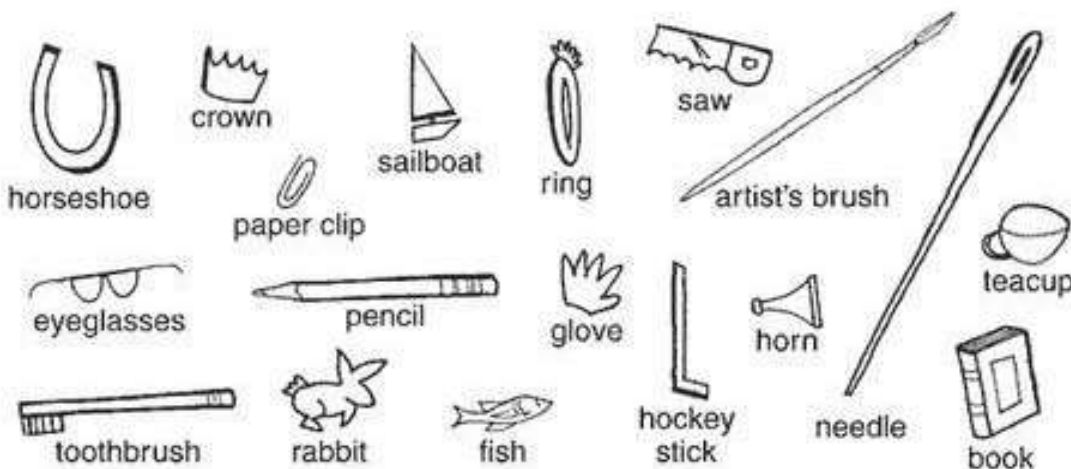
Word Search

BAT
DRACULA
MONSTER
MUMMY
WITCH
YETI
ZOMBIE



Extra Puzzles for you...

CAN YOU FIND THE HIDDEN ITEMS INSIDE THIS PICTURE?



**Spotting things
is a skill!**

Colour them in as
you find them.
Then colour in
the rest!

Your Week

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

The storyboard template features two cartoon characters and six empty rectangular boxes for recording the week. The top character is a boy with a round head, wearing blue sunglasses and a black stick-figure body. He is standing with his arms outstretched. A speech bubble next to him says, "I'm trying new things this week". The bottom character is a girl with a round head, wearing a pink shirt and blue pants. She is standing and holding a paint palette, with a small easel next to her showing a painting of a landscape. A speech bubble next to her says, "I want to be a better at.....". The six empty boxes are arranged in a 3x2 grid around the characters. The top row has two boxes, the middle row has two boxes, and the bottom row has two boxes. The background is white with decorative wavy lines at the top and bottom.

I'm trying new things this week

I want to be a better at.....