

# Mit's Magazine

*A magazine from MITS for February 2021*





**Welcome to MITS MAGAZINE!**

**This magazine will now be out once a month.**

**This month is about Caring.**

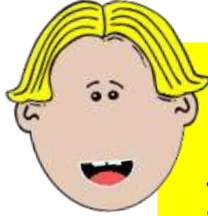


# Hello again...

We are the MITS



Hi, I'm Zora.  
I care about my family.



Hi, I'm Ivan.  
I care about my fitness.



I'm Upkar.  
I care about my friends.



I'm Zayan.  
I care about my faith.



Hi I'm John.  
I care about doing well at work.





Hello, I'm Joy.  
I care about helping others.






I stopped  
caring when  
I went to  
prison




Me too, but  
that is because  
I was scared of  
being hurt




I just didn't  
want to feel  
anything



When I started  
to care again it  
was scary



Me too but  
it made my  
life better



Yes, and it  
made people I  
care for happy



# Tip of the month

## Caring is good

If you care about yourself you  
do what helps you.

If you care about others it makes  
you feel closer to them.

If you care about something then  
it can be a good part of your life.

Who or what could you care  
about today?



# Week One

## Valentines Day

14<sup>th</sup> February.

*No Wedding or you'll die!*



In Rome in the 3<sup>rd</sup> century young men could not get married.

*You can't be a good soldier if you are married!*



This was because the Emperor wanted them to be good soldiers.

*You are man and wife... shhh!*



Valentine was a priest.  
He did not like this law.  
He did secret marriages.



The Emperor found out and sent him to prison.



Valentines died on 14<sup>th</sup> February.



Now on 14<sup>th</sup> February people send cards to people they care about.

Next time you get a card remember Saint Valentine.





Match these famous couples.

We have done the first one for you

BEYONCE

KANYE WEST

ELTON JOHN

JAY-Z

KIM KARDASHIAN

JOE SWASH

STACEY SOLOMON

DAVID FURNISH



People call me scarecrow  
because I'm outstanding  
in my field





# Our brains are clever

When we imagine  
things in our heads  
our brains act as if  
it is really happening.



Bring a picture of someone who  
cares about you into your head



In that picture in your head see  
them smiling at you.

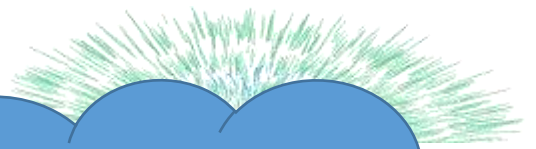
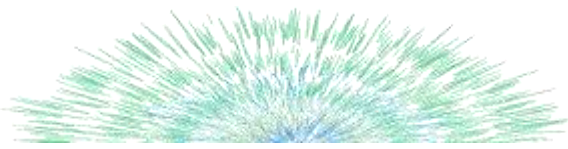


How does this make you feel?



We can always feel close to  
those we care about. Just think  
about them.

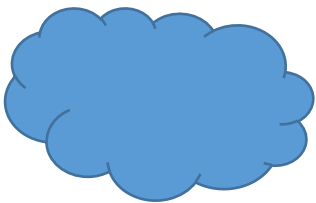




Remember a  
time you have  
helped someone.

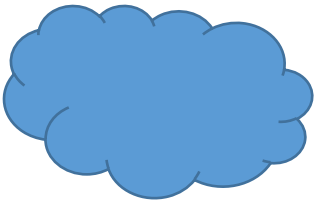


What made you care?



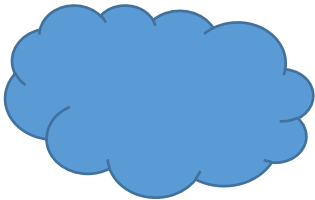
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How did you feel after you helped?



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Who could you show you care today?



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# **Week Two**

## **Support Bubbles**

**No one had heard of support bubbles before Covid.**

**Covid has made us think about people we care about.**

**We can have support in prison.**

**It is good to know who we can go to if we need help.**



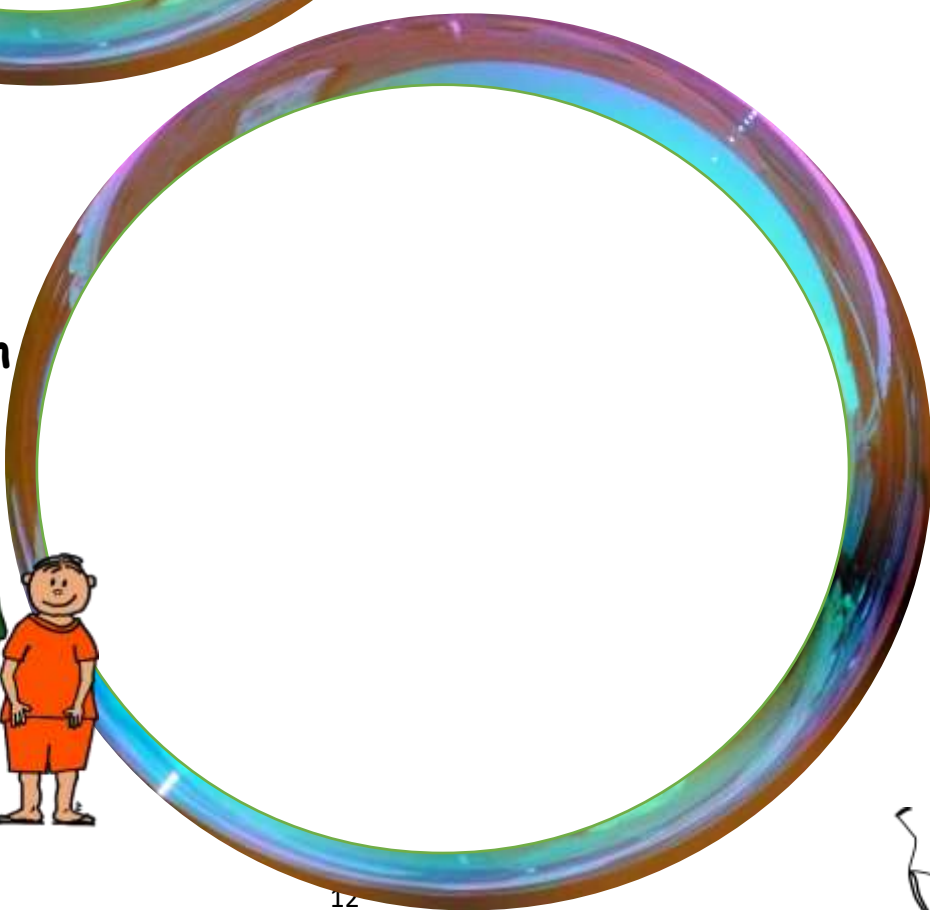


# Make your own support bubble

Support bubble in prison



Support bubble outside of prison





# Chinese New Year

- This is on 12<sup>th</sup> February 2021.
- It lasts for 16 days.
- 2021 is the year of the Ox.
- What does that mean?

In Chinese culture the Ox is seen as being hardworking and honest.

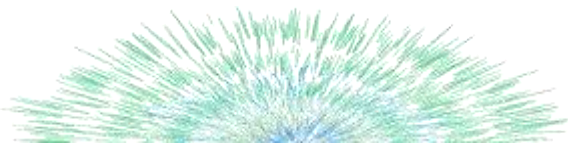
What could you work hard at this year?

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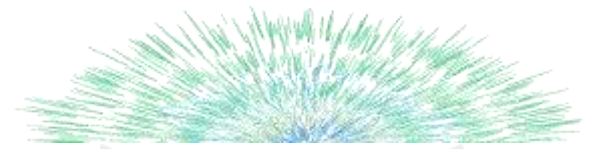
What first steps could you take today?

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**Even though in prison**



**Even though there is Covid**

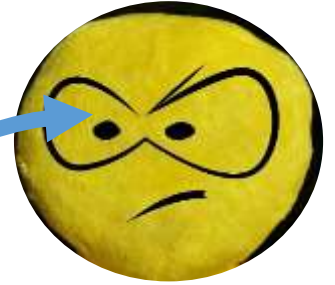


**We can still make choices  
that take us to a good place**

**GOOD PLACE**



**HARD PLACE**



**Do what makes me proud**

**Do things I regret**

**Do what matters to me**

**Do things that hurt people  
I care for**

**Ask for help**

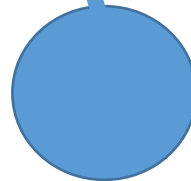
**Do things that hurt me**

**Care for others**

**Don't way how I feel**

**Care for me**

**Hide away**





Which side has the most ticks?



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Is this the path you want to be on?



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How can you make good place path stronger?

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# Taking Care of You



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



Acceptable	Accountability	Awareness	Calm
Comfort	Confidence	Courage	Focus
Humble	Hygiene	Independent	Love
Management	Memory	Mindfulness	Plan
relaxation	Respect	Self Image	Selfcare
Shower	Sleep	Social	Supporting
Trusting	Value		



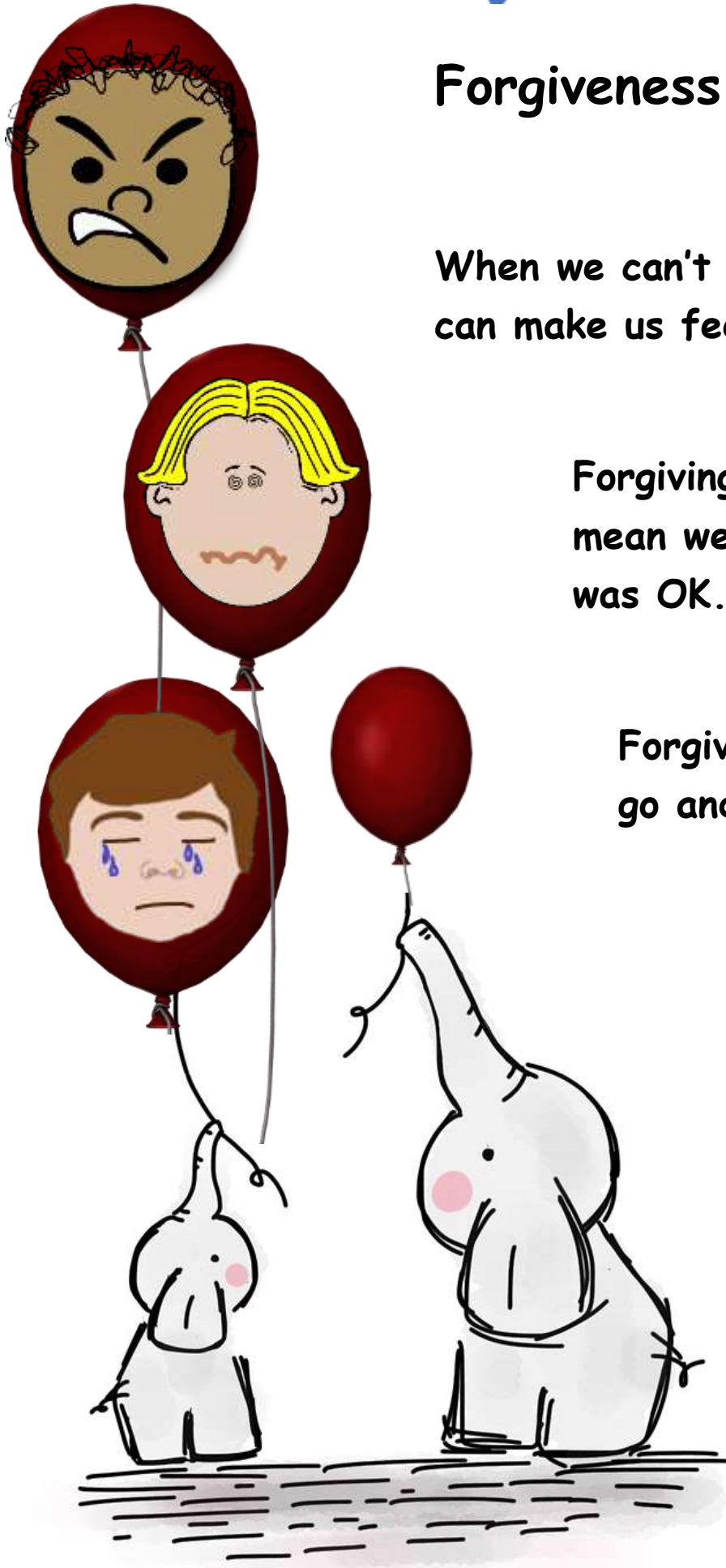
# Week Three

## Forgiveness

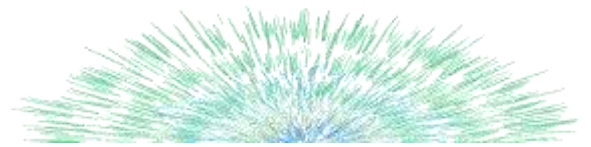
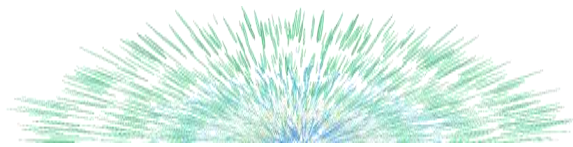
When we can't forgive someone it can make us feel angry and sad.

Forgiving someone does not mean we think what they did was OK.

Forgiving means we can let go and move on.







When we are thinking about the wrong someone has done to us who does this hurt?

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When we feel angry and bitter about what they have done - do they feel it?

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That is right. They don't but it makes us suffer every day.


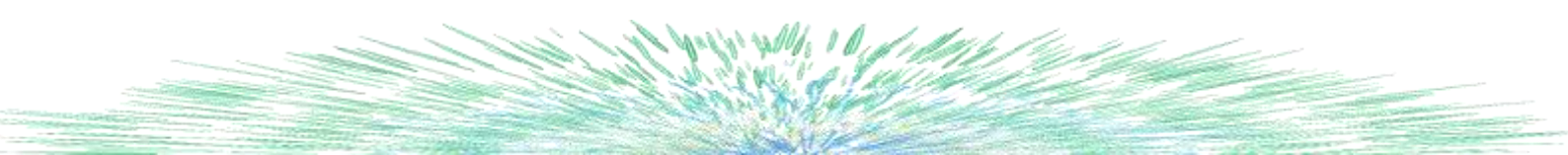


Did you know that when people forgive it makes them healthier?

Forgiveness allows you to be happy.

It means they no longer make you feel bad.





It is not just  
about forgiving  
others.

If you forgive  
yourself you  
will feel better.

If you feel better you  
are more likely to do  
good things.

If you do good things  
you can make those  
you care about proud.



# Your Wellbeing

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

Acceptable  
 Comfort  
 Humble  
 Management  
 relaxation  
 Shower  
 Trusting  
 Accountability  
 Confidence  
 Hygiene  
 Memory  
 Respect  
 Sleep  
 Value  
 Awareness  
 Courage  
 Independent  
 Mindfulness  
 Self Image  
 Social

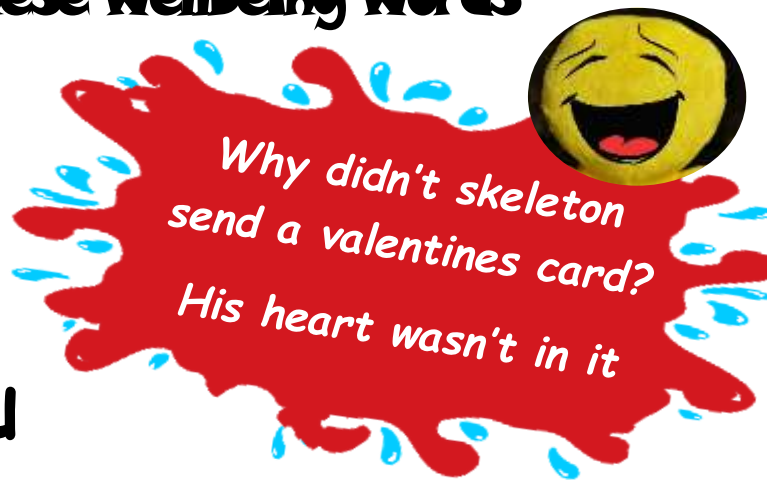


Help Jay to find all these wellbeing words

○	□		+
△		○	□
□	△	+	○
+			△

## Shape Sudoku

Draw the missing shapes in the correct square.  
 Each shape must only appear in once in each row and column





# Funny Facts

The first recorded game of cricket was in Kent in 1300

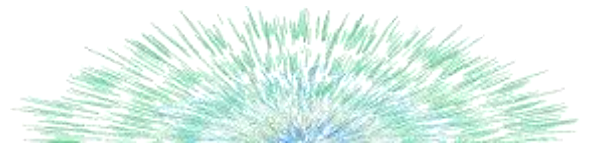
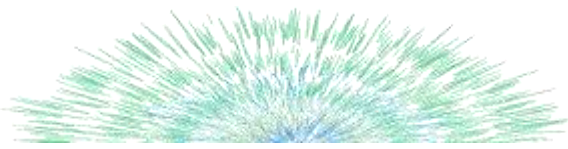
*I'm from Kent!  
Wow 800 years ago!*

Did you know warm basket balls bounce higher than cold ones?

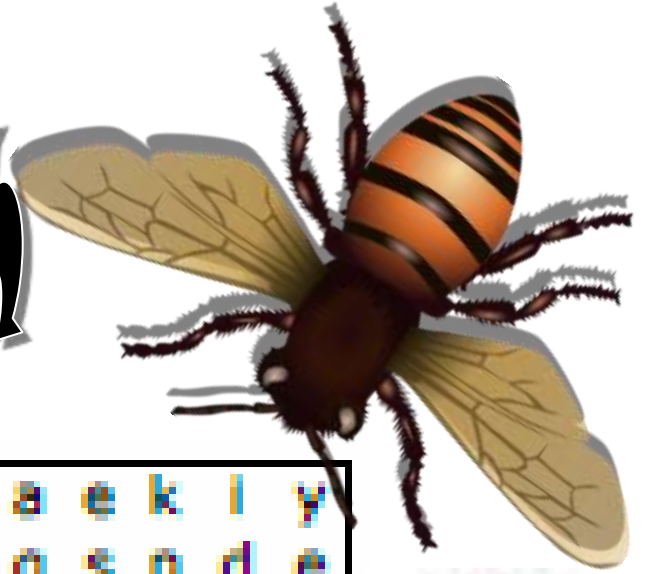
*No way!  
I'm going to start heating them up!*

People say boxing gloves were invented to cause more knock outs!

*They keep your hands safe though?*



# Bee Wordsearch



r	o	y	a	l	j	e	l	y	a	e	k	i	y		
l	e	d	r	o	n	e	s	o	m	q	s	n	d	e	
d	n	u	e	m	i	c	w	e	n	u	i	e	c	i	
a	h	r	n	n	h	r	o	e	e	i	n	c	k	i	
l	o	b	l	a	c	k	r	l	h	r	o	t	h	o	
l	n	r	l	h	e	j	k	e	o	y	i	a	a	w	
f	e	d	r	o	o	n	e	l	i	n	i	r	c	a	
n	y	l	j	q	i	u	r	u	e	b	i	l	y	u	
m	r	l	y	u	i	b	o	s	e	m	n	e	u	i	
w	a	x	e	e	i	j	e	r	j	i	s	k	s	e	
o	s	u	d	e	n	n	s	e	i	l	e	n	n	n	
l	a	n	v	n	a	e	q	w	f	f	c	o	b	a	
h	e	i	a	i	l	i	n	u	o	n	i	t	x	e	u
m	h	c	t	i	p	o	i	l	e	n	o	d	e	n	
h	i	x	c	o	h	b	n	f	n	i	n	c	k	u	

Hive  
Colonies  
Drones  
Nectar  
Yellow  
Insect  
Royal jelly  
Honey  
Queen  
Worker  
Pollen  
Flowers  
Black  
Wax  
Bee



be kind



# Week Four

I love Pancake Day

Why do we have pancakes?

It is a way of using up all the nice food out of your cupboard before Lent.

In France they make a wish when flipping a pancake.

What is your pancake wish?

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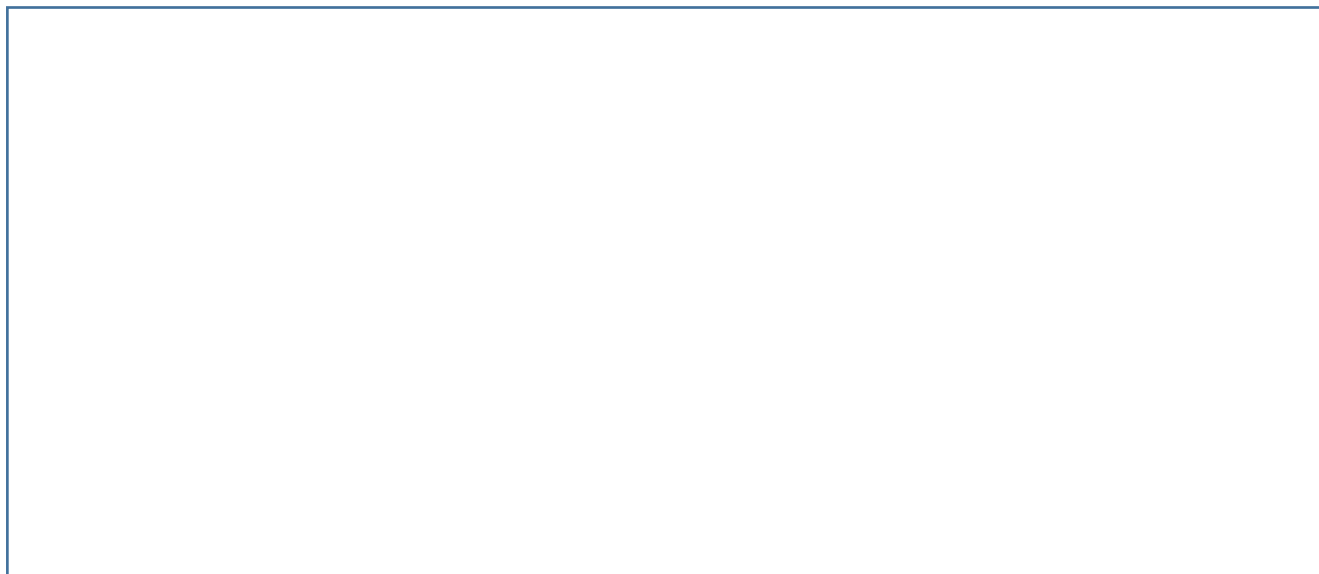
# Pancake

# Maze

Help Zora get to John so they can share the pancakes!



Draw or write something you do that you care about.



Mine is singing

Mine is fitness



Mine is learning

Mine is telling jokes



Mine is making things

Mine is praying



Is there anything that gets in the way of you doing this now?

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Could you start to do it more - even in a small way?





To care about others we need to care about ourselves.



● ● ● Notice thoughts and feelings.



● ● ● Are they helpful?



● ● ● Am I coping ok?



If not ask for help







**Am I eating healthy food?**



**Am I exercising?**



**If not, doing this helps you to feel better**



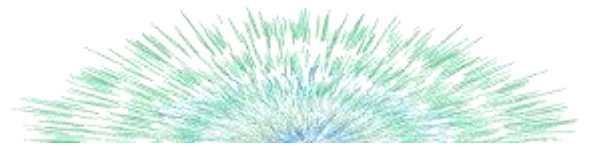
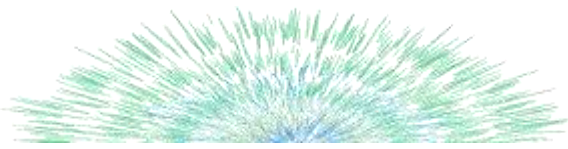
**Am I doing things that matter to me?**

**If not start today**

**Make friends, contact people you care about**

**This helps us stay healthy**





1



2



3

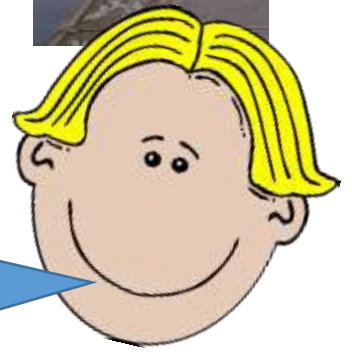


4



5

Help Ivan put this picture  
back together. What  
should the order be?



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Just saw an angry  
pancake.  
I said hello and he  
flipped!

