

# Mit's Magazine

welcome to a brand new year

A magazine from MITS for January 2021





**Welcome to MITS MAGAZINE!**

**This month is about being the best we  
can be in 2021!**



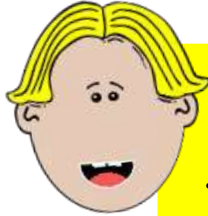
# Hello again ...

We are the MITS



Hi, I'm Zora.

This year I am going to apply to be a listener.



Hi, I'm Ivan.

This year I'm going to get fitter.



I'm Upkar.

This year I am going to help out those who need it on the wing.



I'm Zayan.

I want to learn to read better.



Hi I'm John.


I am going to talk to staff more and ask for help.



Hello, I'm Joy.

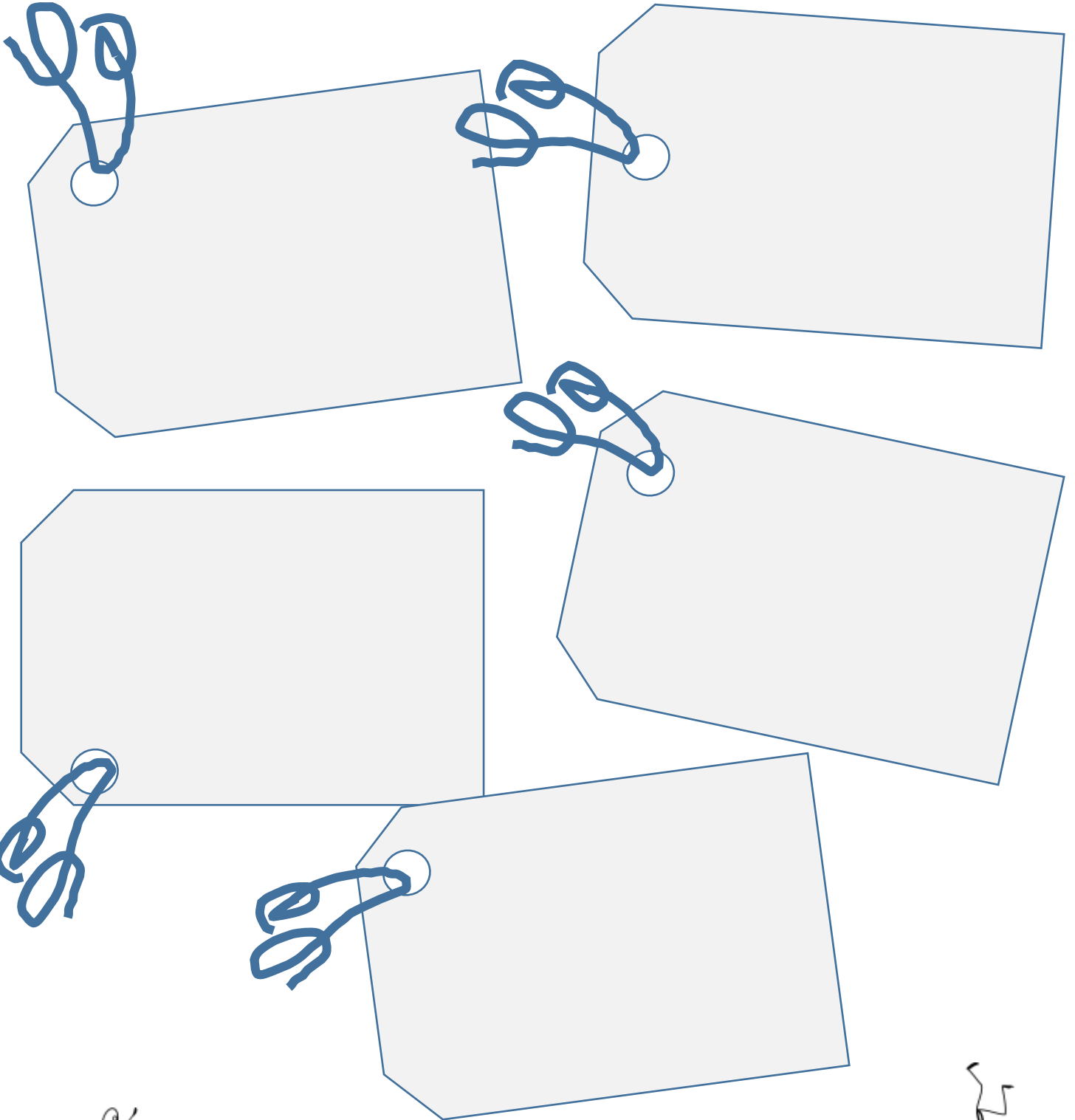
I'm going to keep making people smile.





# Week One

Write or draw small things on  
these tags you can do this year?





# PAST

Remember a time  
someone made  
me laugh



Remember a time  
someone was  
kind to you



Remember when  
someone said  
"Well done"  
to you



I feel proud. I  
asked for help  
from an officer



# NOW

Think about that  
and smile



What could you  
do today to make  
someone feel  
happy?



What can you feel  
proud of today?  
*Remember it can be  
small*



I feel proud  
of my  
matching



# Tip of the month



## Be Thankful

Did you know when we are thankful it makes us healthier?

I am so thankful I have my sight.

I am so thankful I have my TV.

I am so thankful I have food to eat.

I am so thankful I am alive and part of this great world.

Start to notice what you are thankful for every day.

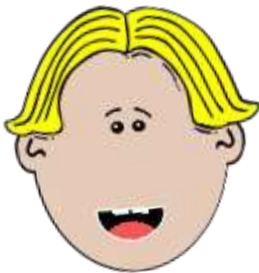




# Be Thankful



Did you know that music changes  
how you feel?



Sad music makes me think of  
sad times.



When I listen to upbeat music it gives me  
energy. I dance round my cell to my  
favourite song 'happy'. I feel good.



I love classical music.  
It makes me feel so calm.



What is your favourite feel good song?





Listening to songs with positive message can be **helpful**.



Listening to songs with violent messages  
can be **unhelpful**.

Link these positive songs to the artist.

Work hard Play hard

Independent Girls

Good Life

Three Little Birds

Walking on Sunshine

Today my life begins

One Republic

Bob Marley

Katrina & The Waves

Bruno Mars

Wiz Khalifa

Destiny's Child



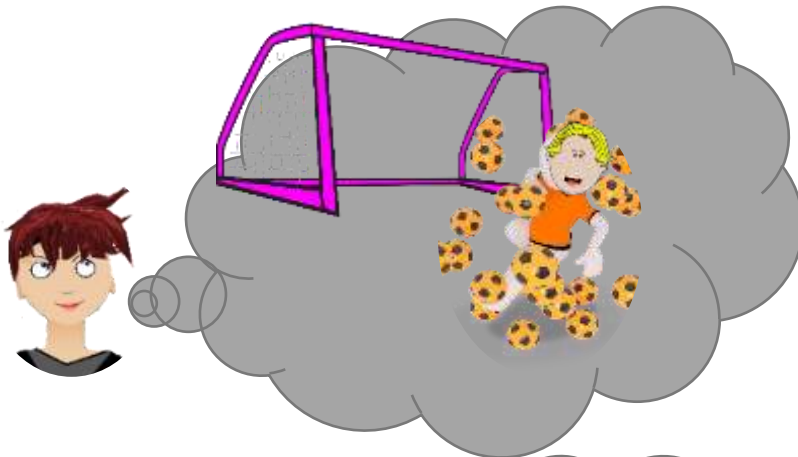


# Now it's your turn..

Choose a positive song with a helpful message.

Hum this song or sing it out loud.

Move your body as you do this.      How does it feel?



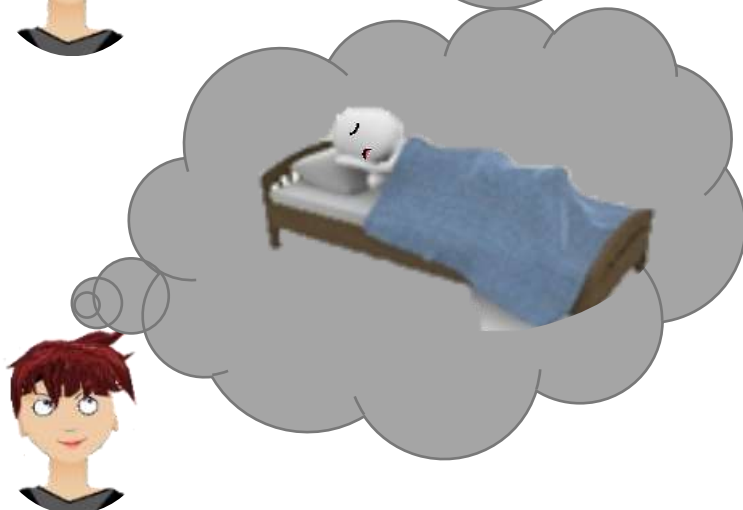
What song can you listen  
to every day to give you  
energy?

-----  
-----



What song can you listen  
to every day to help you  
smile?

-----  
-----



What song can you listen  
to each day to help you  
relax?

-----  
-----





# It is a new year

New Year often talks of change.

I want you to think about the part of you that you don't want to change.



What makes you want to do good?



Who makes you want to be your best?



What is most important to you?



What are you most proud of?





**You have one life.**

**Be the best part of you. It is never too late.**



**Follow that advice.**

**Today is the first day of the rest of your life!**





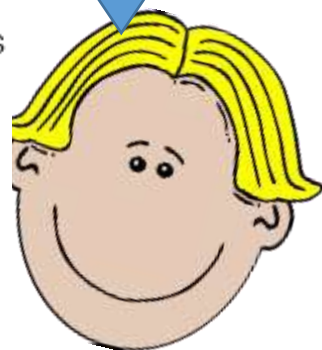


## Goals

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

BEKIND  
 HELPOOTHERS  
 LISTEN  
 FRIENDLY  
 JOININ  
 HEALTHY  
 NEWSKILL  
 ASKFORHELP  
 PEACEFUL  
 RELAX  
 SUPPORTOTHERS  
 TALKTOOFFICER  
 STAYSAFE  
 GETADVICE

CAN YOU  
 FIND ALL  
 OF THE  
 GOALS IN  
 THE WORD  
 GRID?



## Gaming Quiz Answers

What is the best-selling game of all time?

**MINECRAFT**

What is a frag?

**A HAND GRENADE**

Name 3 Minecraft mobs?

-----

What are the 3 Call of Duty black ops camos called?

**GOLD, PLATINUM & DAMASCUS**

What Italian football team was missing from Fifa 2019?

**JUVENTUS**



John is thankful for being safe and warm this winter.

He is thankful for having plenty to eat.

He is thankful for having things to do to help him keep busy.

He is thankful for contact with his family.



What are you thankful for today?



# Week Two

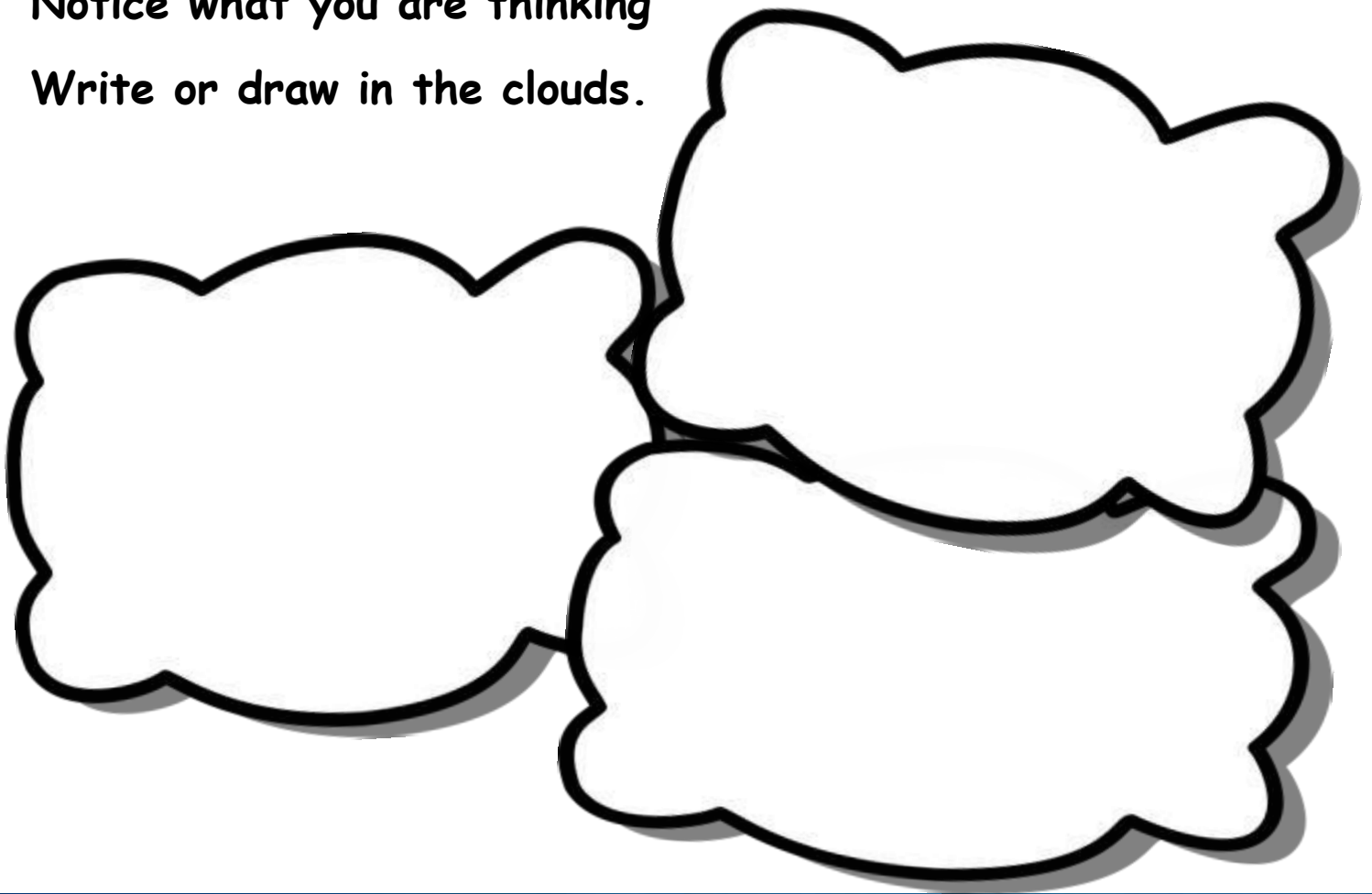


What we think can change how we feel.

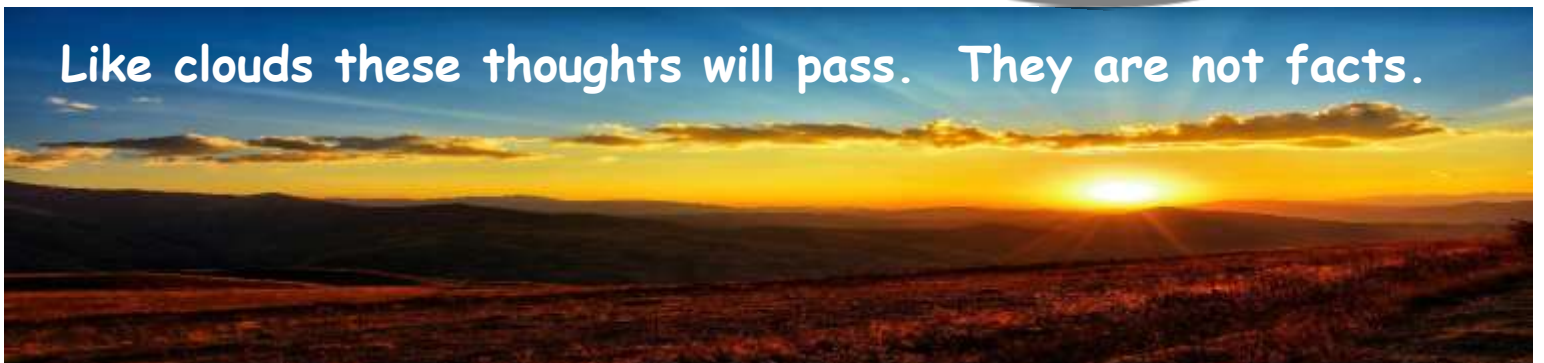
Remember! Thoughts are just thoughts not facts.

Notice what you are thinking

Write or draw in the clouds.



Like clouds these thoughts will pass. They are not facts.





# You are enough

Having Learning Difficulties does not have to  
stop you in 2021

$E=mc^2$



I found school hard.

I could not read or write well.

This made we think I was stupid.



I now know this is just a  
thought it is not a fact.

In fact I'm so good at sport.



Here are other people who  
haven't let their disability get  
in the way.



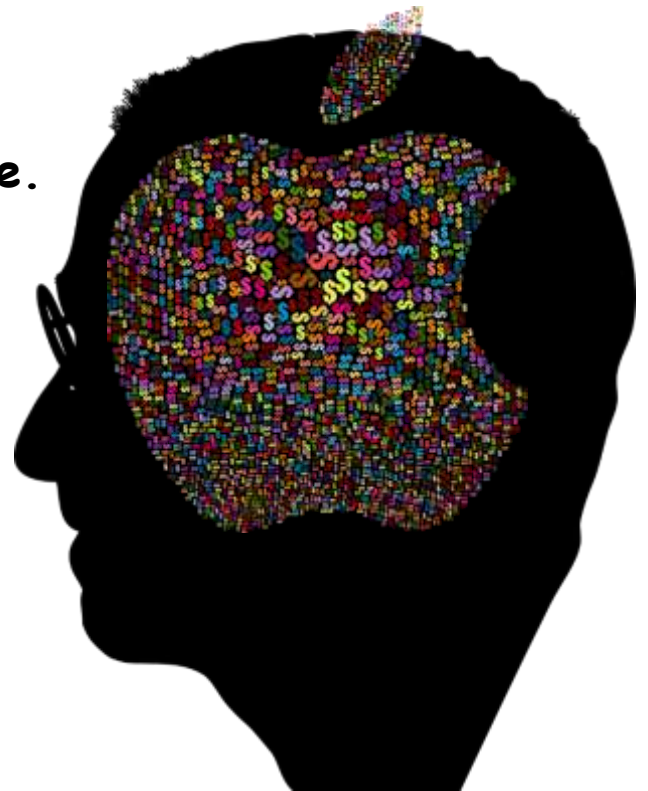


## Steve Jobs Created Apple.

Did you know he has  
learning difficulties?

Yet he did so well.

He is one of the  
richest men in the  
world.

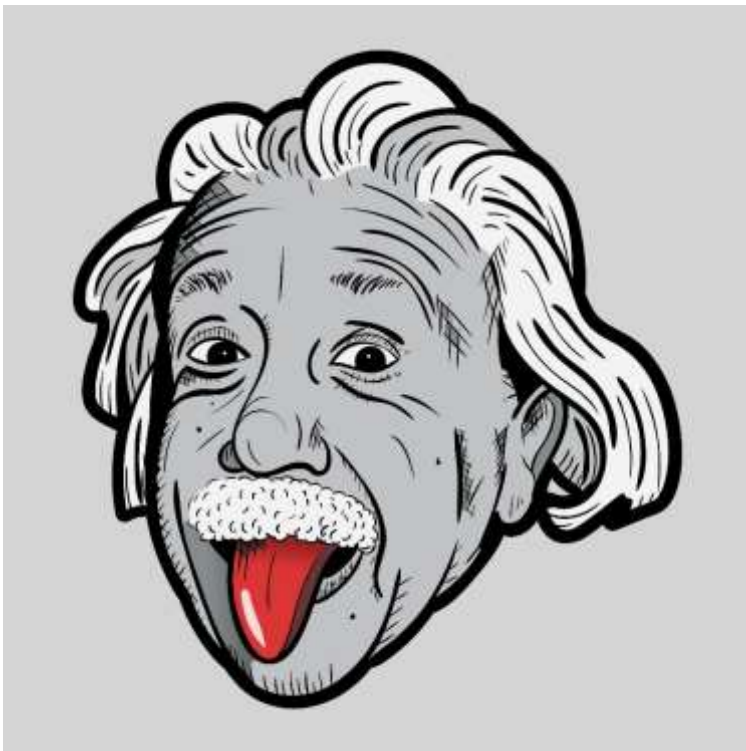


## Einstein

Did not talk till he  
was 4 years old.

Struggled to read as  
a child.

Did not get into  
college first time.  
Yet one of the





**Maya Angelou**

**Maya was a famous writer.**

**She was abused as a child.**

**She lost her voice because of this.**

**When she grew up she became a strong voice.**

**She fought for Civil Rights.**

**Maya Angelou said:**

**Do the best you can until you know better.**

**Then when you know better- do better.**

**We all can only do our best  
with what we know today.  
Be the best you can be today!**







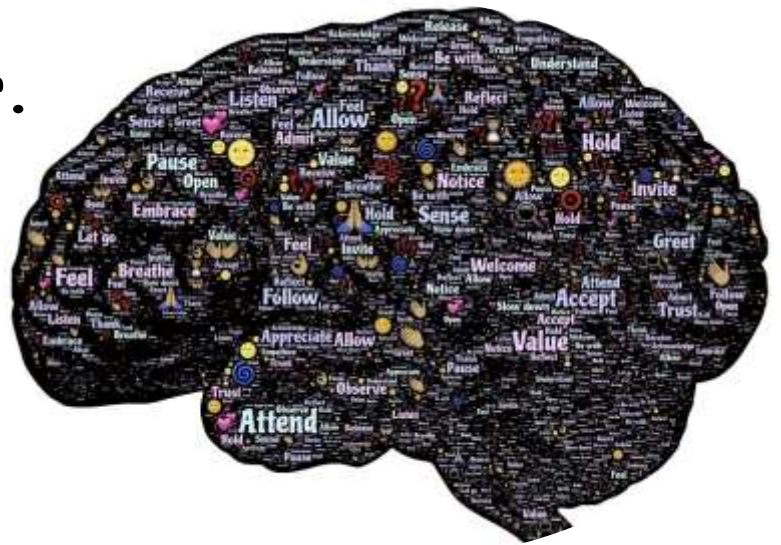
**Our brains are clever.**

**But they are too clever.**

**They are always trying  
to fix things by worrying**

**Dwelling on the past**

**Blocking out feelings**



**Find something in your room.**

**It could be a book or a sock or a  
cup ...anything.**

**Hold it in your hand.**

**What do you notice?**

**When your brain drifts off,  
bring it back to this thing  
in your hand.**

**See how long you can  
look at this in the here  
and now**

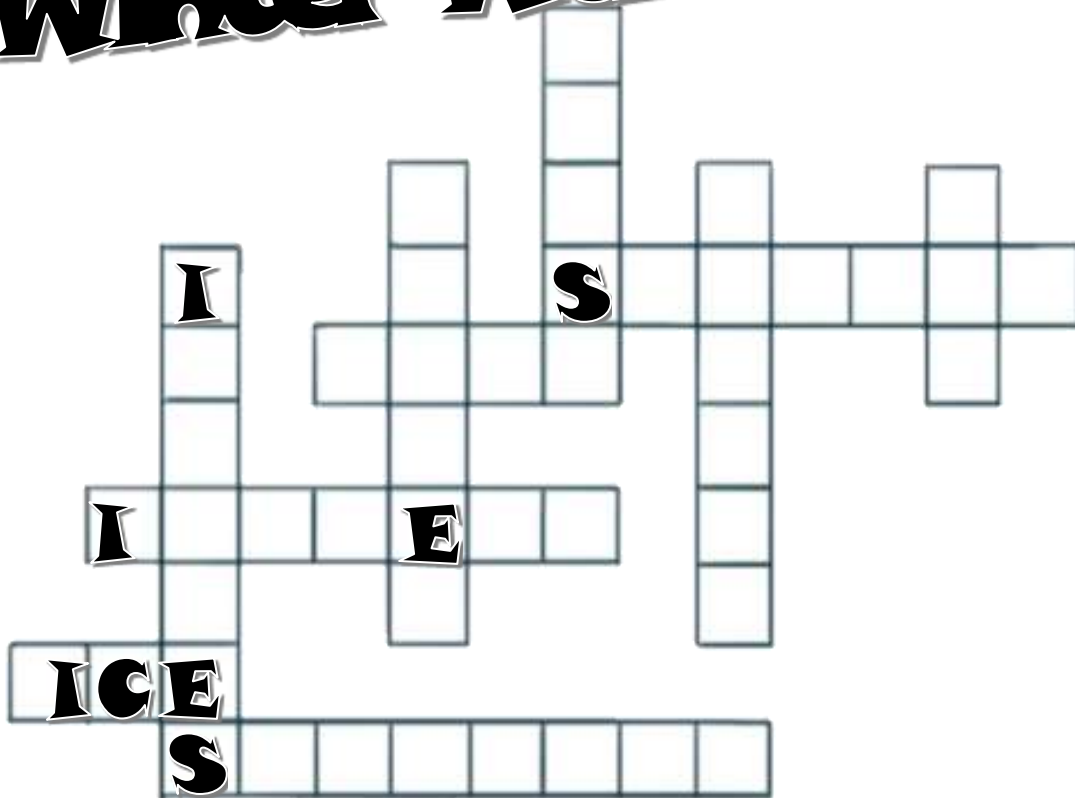
**This is good for your  
brain.**





Fill in the missing words. We've started filling in some of the letters to help you.

# Winter Word Grid



ICE

HAT

COAT

FROST

SHOVEL

HOCKEY

ICEBERG

ICICLES

SNOWMAN

SNOWBALL







# Funny Facts of the month



Did you know 1963 was the coldest winter on record? The UK had snow up to 6 metres deep! It lasted until March

The earth is closer to the sun in winter

All snowflakes have six sides

I remember my Dad telling me about that!



How weird!



Really?  
I'm going to check.





# Week Three

Laughter is the best medicine.

It lowers stress.



It makes your body healthier.



15 minutes of laughing burns

50 calories.



People who laugh a lot live  
longer.



# Why do we laugh?



When we laugh with others it helps us bond with them.



People laugh more when with other people.



We laughed before we could speak as a way of connecting.



Laughing is like flu... it is catching.

Yes, if people I'm with laugh so do I!





**LOL**

What is your  
funniest memory?



Who were you with?  
What happened?

Are you laughing now when  
you think about it?

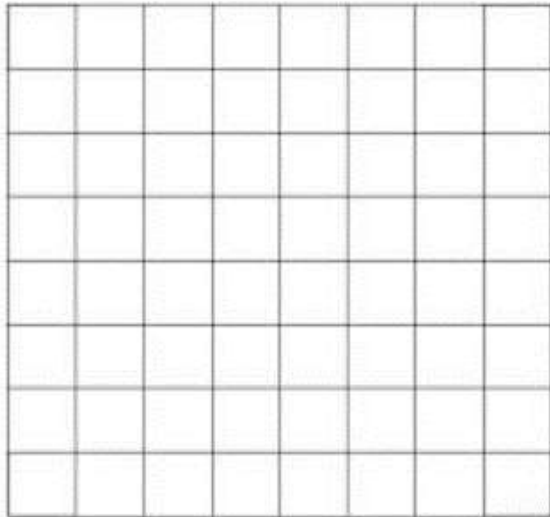


*What did one hat say  
to the other?  
You wait here. I'll go  
on ahead*

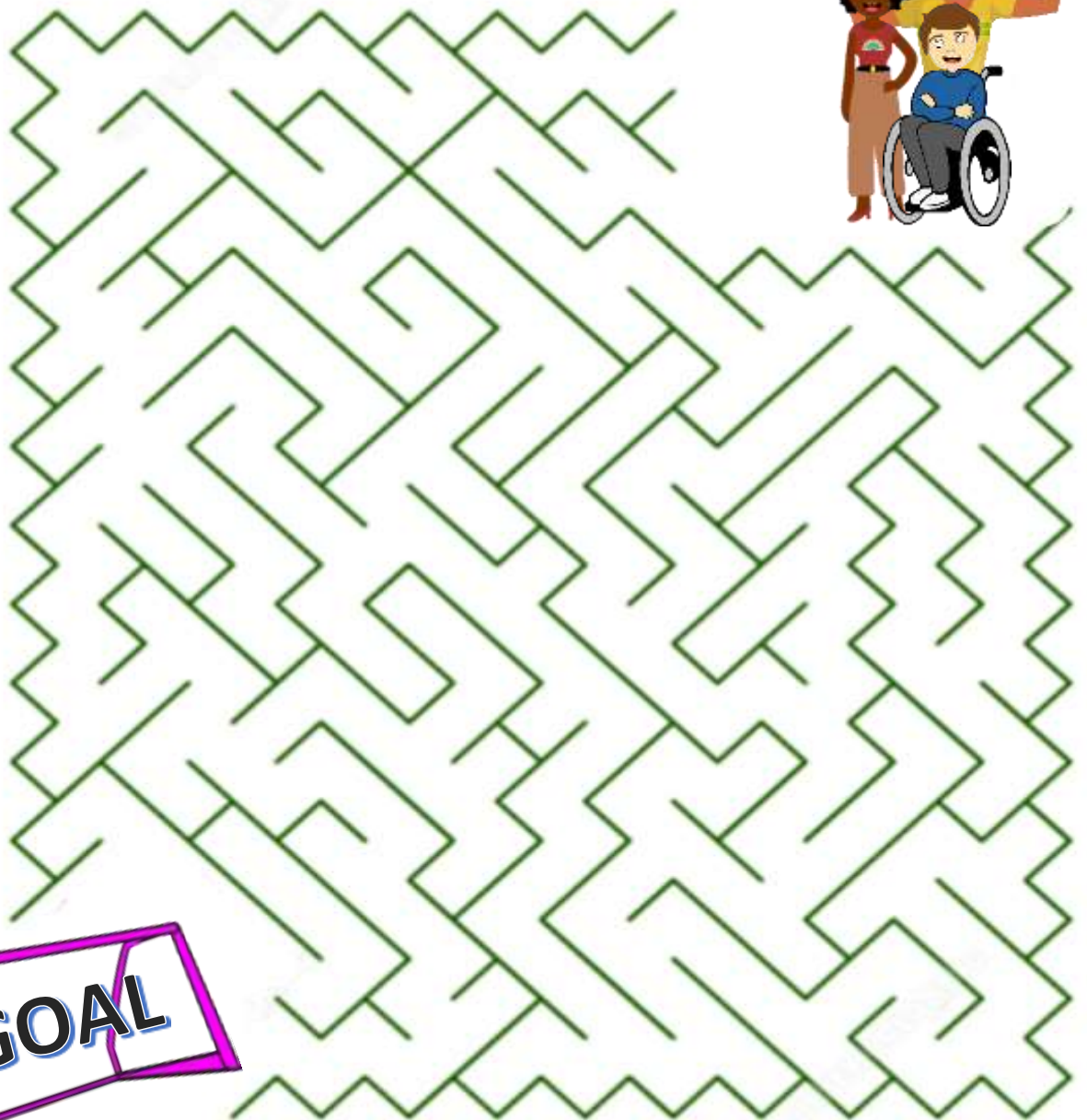




Copy the  
snowflake  
in the grid.



Find the path  
for the Zayan  
and his friends  
to reach their  
GOAL



# Week Four

Winter in the UK can be cold and wet.

In Canada it can drop to way, way below freezing -40

It is the same in some parts of Russia.

Maybe this is why those countries do well in the Winter Olympics





## Ice Skating

This is a popular winter sport in the UK.

Celebrity dancing on Ice is on the TV at the moment. It is fun to watch.

Torvill and Dean won a Gold Medal at the Winter Olympics.

I remember Torvill and Dean.

They are from Nottingham, like me!

Do this word search and find the winter sports.



SKELETON

LUGE

SKI JUMPING

SNOWBOARD

CURLING

SKIING

SPEEDSKATING

BOBSLED

ICE HOCKEY

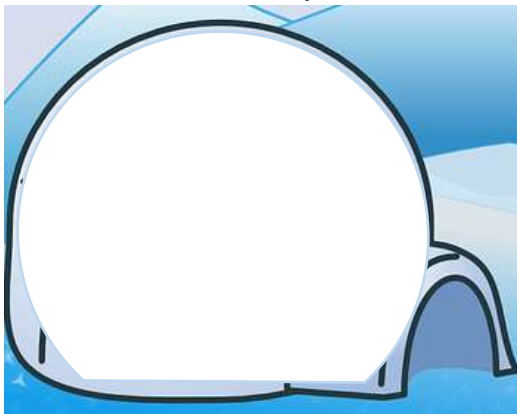




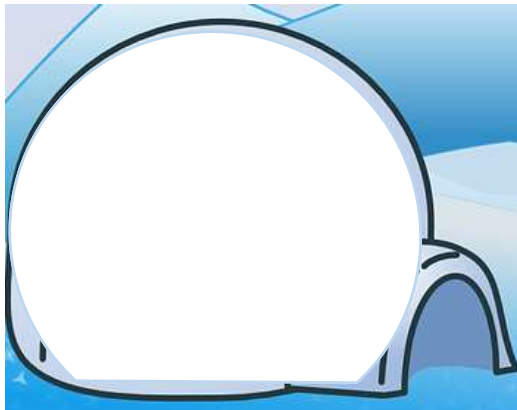


**We all have these 3 igloos in our heads.**

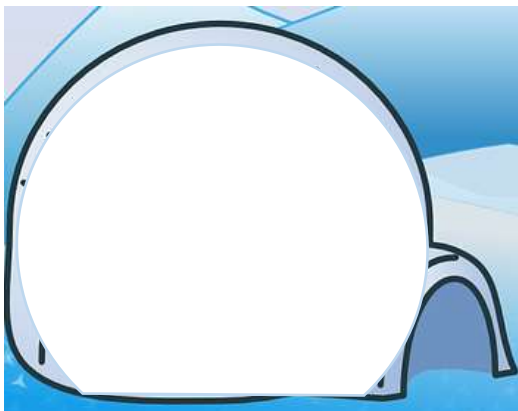
**It's up to us which we spend most of our time in.**



**This is the igloo of worries  
Draw or write your worries in  
this igloo.**



**This is the igloo of good things  
Draw or write any good things in  
your life in this igloo.**



**This is the igloos of dreams.**

**Draw or write how you want your  
life to be in this igloo.**



# New Year Wordsearch

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

BABY  
 BALL  
 CALENDAR  
 CELEBRATION  
 CLOCK  
 CONFETTI  
 COUNTDOWN  
 EVE

FAMILY  
 FRIENDS  
 HAPPY  
 JANUARY  
 MIDNIGHT  
 NEW YEAR  
 NOISEMAKER  
 PARTY  
 RESOLUTION  
 TOAST

How do you throw a  
space party?

You Planet

2022

Stay healthy