



Created by Miss J Fields

(Teaching Assistant, Sheffield Park Academy)



All About YOU!

Name:

Birthday:

Age:

Star Sign:

My Family:

Describe yourself in three words:

Word Bank:

Kind, Funny,

Positive, Caring,

Helpful, Talented,

Smart, Determined



What quality do you like the most about yourself?

Word Bank:

I am helpful,

I think about other people's feelings.

I make people laugh.

What do you like to do in your spare time?

Word Bank:

I can sing/dance/act.

I can draw.

What is something unique about you that not many people would know?

If you could have one wish come true, what would it be?

If you were to be famous, what would it be for?

Favourite Animal:

Favourite meal/food:

If you could have any superpower, what would it be:

Name one thing you can't live without:

Favourite Colour:

Favourite saying/quote: (Google one or ask a friend/family member)

Favourite Season: (Autumn, Winter, Spring, Summer)

Favourite TV programme/Movie:

Favourite book:

Favourite Singer/Band:

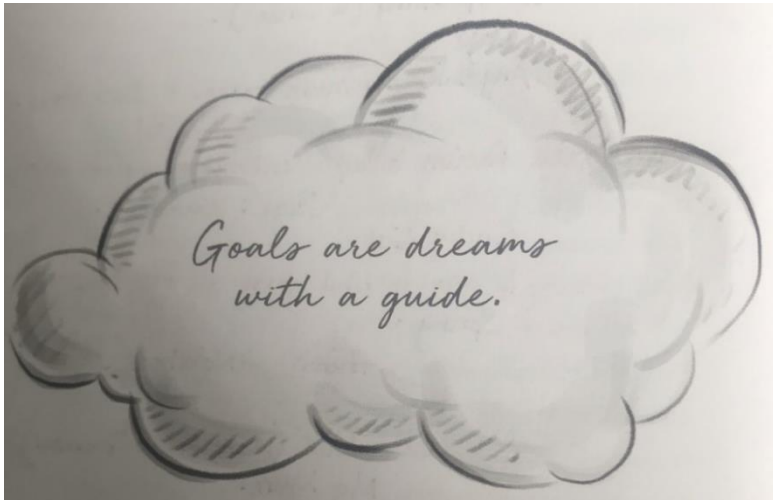
Favourite place to go on holiday (or want to go):

The person you find the most inspiring: (someone who teaches you things, or makes you feel good, it can be a family member, a teacher or a famous person):

Favourite room in your house and why? (Mine would be the living room where we all sit together and watch our favourite things):



Alongside giving you space to relax and unwind; I want to give you a space to dream and plan. List your top three goals below, these can be small goals like doing a piece of work this week, or bigger goals like being a footballer or having your own business in the future. Don't worry if you can't think of any this second. Come back to this page when you do.



1

Goal 1:

2

Goal 2:

3

Goal 3:

However big your life goals are, I hope you believe me when I say you've got this.

In order to achieve your goals, you should come up with a plan towards a goal and then do it in steps.

What will you do in the next week towards your goal?

What will you do in the next month?

What will you do in the next three months?

What will you do in the next six months?

What will you do in the next year?

Tick when you've achieved each part of your goal!

For example:

Goal 1: = Become a Footballer

In the next week = Research, look online at how to be a footballer. Read football related books.

In the next month = Watch a football documentary.

In the next three months = Look for a football team I can join in my area, speak to an adult, look on the internet.

In the next six months = Be playing for a local team every week and improving my skills each day. Helping my team to score goals and make wins.

My Goal: _____

In the next week: _____

In the next month: _____

In the next three months: _____

In the next six months: _____



My Goal: _____

In the next week: _____

In the next month: _____

In the next three months: _____

In the next six months: _____



My Goal: _____

In the next week: _____

In the next month: _____

In the next three months: _____

In the next six months: _____



When you have completed each part of the goal, tick the box!



WEEK 1:

My Journal

Date: _____

Three things I'm proud I accomplished this week:

1. _____
2. _____
3. _____

What was the best day of the week and why? _____

What was the most challenging day of the week and why? _____

This week I was inspired by (Family, friend, teacher, famous person):

Favourite thing that happened this week: _____

Three things to look forward to next week:

1. _____

2. _____

3. _____



Be Kind to Yourself

Draw yourself here: (it doesn't have to be a work of art, just a rough sketch)



Which kind words would you use to describe yourself?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Word Bank:

Kind, Funny, Honest
Positive, Caring, Loud,
Helpful, Talented, Shy
Smart, Determined,
Thoughtful.

See the world in colour:

Do you recognise this image – Colour it in however you want.



Your Perfect Space



Many people have their own calm space, their bedroom, taking a relaxing bath, the dance studio or on the football pitch.

If you could create your own perfect space, what would it be? How would it look?

Write a description here:



Describe your own perfect space: Where you are comfortable, where you feel safe, where you can be yourself and relax:

Draw or stick pictures in the box that you would have in your perfect space here:



Social Media

Word Search



Baidu Tieba
ClassMates
Facebook
Flickr
Foursquare
Google Plus
Instagram
Linkedin
Meetme
Meetup
Myspace

Pinterest
Quora
QZone
Reddit
Skype
Snapchat
StumbleUpon
Tagged
Tencent QQ
Tumblr
Twitter

WeChat
WhatsApp
YouTube



WEEK 2:

My Journal

Date: _____

Three things I'm proud I accomplished this week:

4. _____
5. _____
6. _____

What was the best day of the week and why? _____

What was the most challenging day of the week and why? _____

This week I was inspired by (Family, friend, teacher, famous person):

Favourite thing that happened this week: _____

Three things to look forward to next week:

1. _____

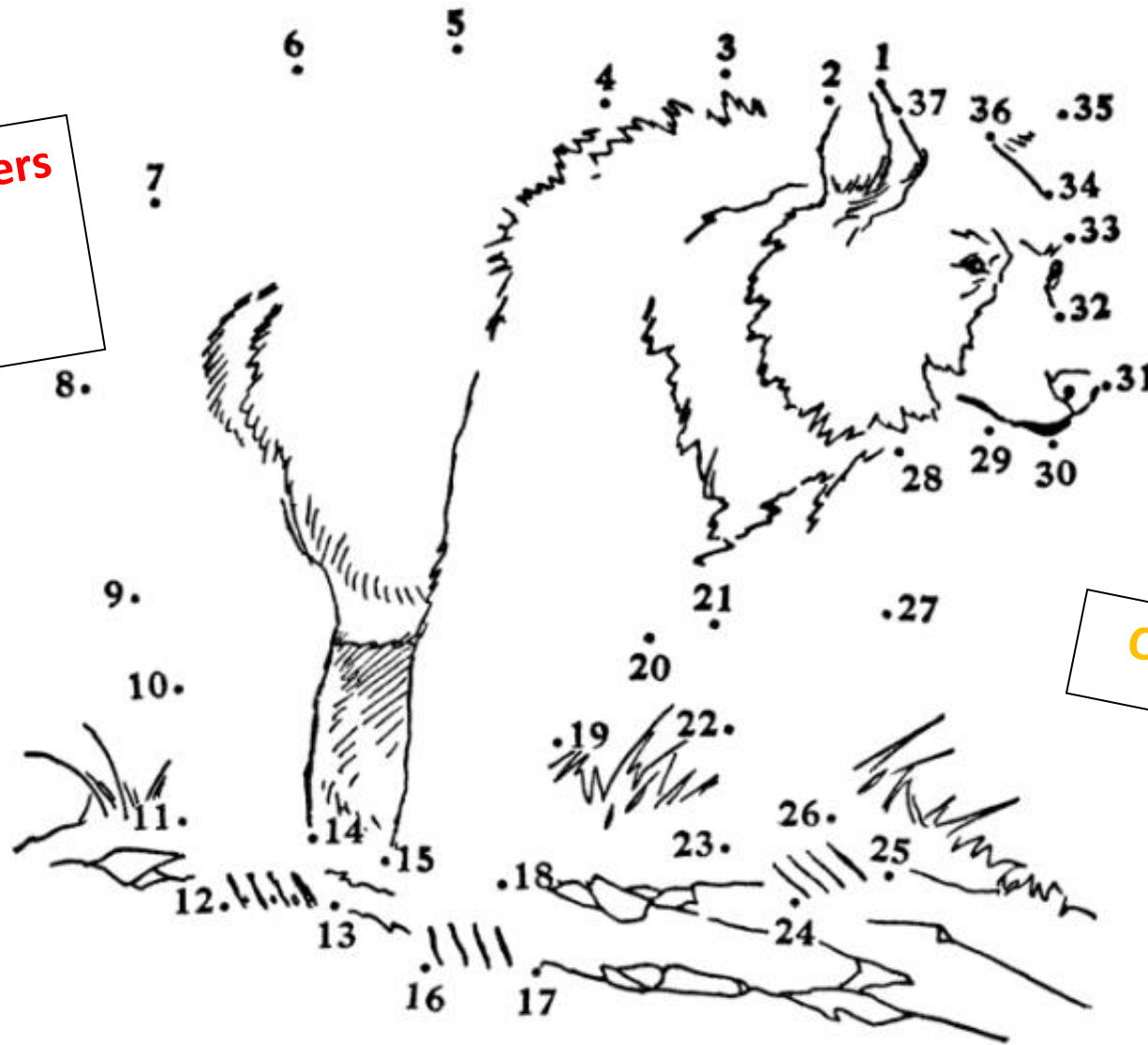
2. _____

3. _____



Dot to Dot

Match up the numbers
from lowest to
highest!




Colour your picture!



Start your own Quarantine Playlist

Make a list of some of your favourite songs; then you can make time at least once a week to listen to your playlist, sing, dance, or just relax.





TV Shows: THIS or THAT

Circle the one you prefer (like the best):

Love Island



I'm a celebrity get me
out of here!

Made in Chelsea



The Only Way Is Essex

The Great British
Bake Off



Master Chef

The Voice



Britain's Got Talent

Emmerdale



Coronation Street

What Home Means to Me

My home is one of my favourite places, but this isn't the case for everyone.

In the box below, please list three things that makes home a happy place for you:

*(I have listed my three things also to help you)

*Three things that make my house a home:

1. Wherever my family are; being around my family makes me feel at home.
2. Where there are pictures and happy memories. I like to fill my home with photographs.
3. The safety of my calm space; my bedroom.



What Home Means to You:

1. _____

2. _____

3. _____

