

Name: _____

Form: _____



Sheffield Park Academy
Bridge Team



Your Activity Journal Continued...
You can attach this to the rest of the journal you have previously completed.

WEEK 5:

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. _____





Events from in the media



There is a lot happening in the world now that is getting reported on the news and on social media. Use the space below or use your own plain paper to create a poster about something you have seen this week.

Write your title here: (What event is your poster based around).

Include pictures in the boxes of what you have seen.

A large, empty rectangular box with a blue border, intended for drawing pictures related to the event.

What happened?

What are people saying?

What do you think or feel about it?

A large, empty rectangular box with a blue border, intended for drawing pictures related to the event.



Time for a Brain Break



Here is a selection of little brain breaks to do throughout completing your journal.

City Search

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

air pollution city library skyscraper
 apartment culture lights subway
 bank department store many people taxi
 building excitement noise pollution theater

The Category Challenge

Fill in the blanks with words that begin with the letter

J

Shop Name: _____

A Celebrity: _____

Girls Name: _____

Boys Name: _____

A Country: _____

Clothing: _____

An Animal: _____

Place your two fingers on your left wrist and find your pulse (it should feel like a heartbeat in your arm) Ask an adult to help you if needed.

Count the beats – how many in 30 seconds. (a family member could time you) You can feel your heartbeat and count those beats if that is easier.

Now jump up and down 20 times.

Now count the same pulses again, either use to fingers to check your pulse on your left wrist or feel your heartbeat. Count the beats for 30 seconds.

Did you notice anything different? Did the beats get faster, slower or just stay the same?

Joke Time!

Did you hear the joke about the roof?

Answer: Never mind it's over your head

What do you call a line of men waiting for a haircut?

Answer: A BarberQueue

AMAZING!



Bucket List



A 'Bucket List' is a list of things that you would like to do. It can be what you want to do tomorrow or when you're older. Just anything you would like to do.

I have put an example of a bucket list here too.





Spread a Little Happiness

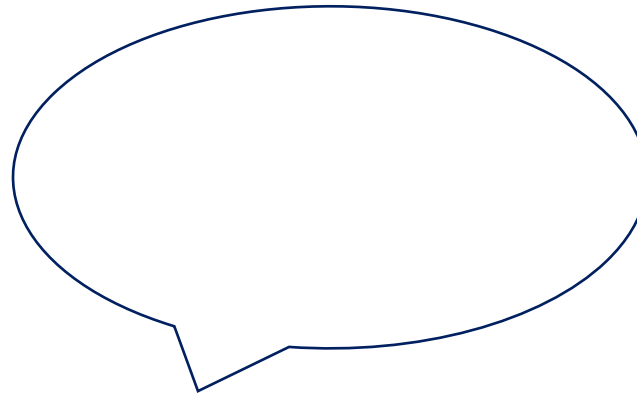


One thing you could do each day is make someone else smile and spread kindness around like confetti. It makes others feel good and makes you feel good too, so give it a try.

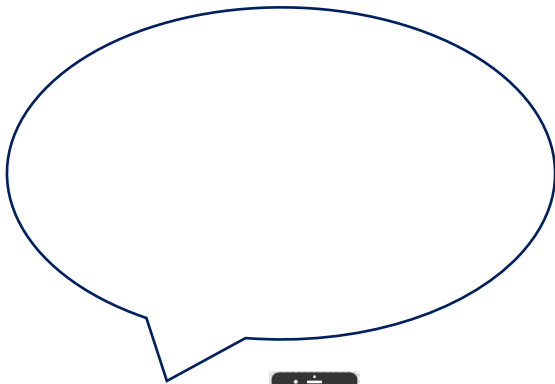
Fill in the bubbles with more ideas of things you've done to spread a little happiness. I have done some to help you.



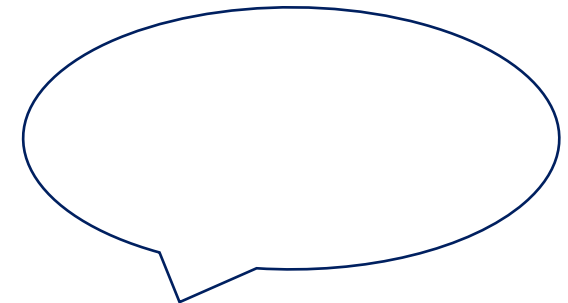
Tell a joke



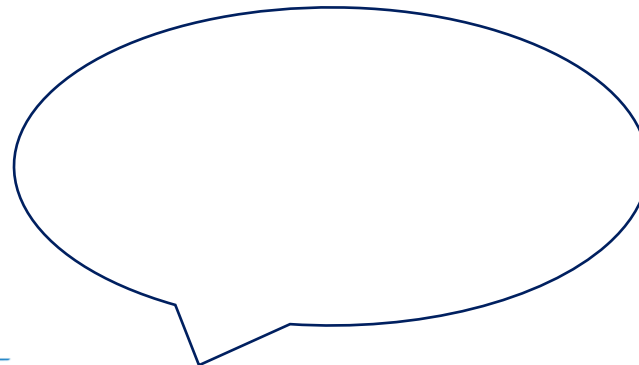
When you next talk to someone, smile at them



Help someone who lives in your house



Text/ call someone and see if they're ok



Play a game with someone at home



Take steps to keep yourself calm



Below are some ways you can relax and unwind.

Make a bedtime basket

A bedtime basket is a basket, box or just a draw in your bedroom that you save things in to relax you before bed.

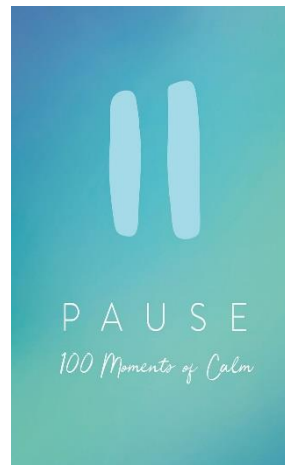
Make a list of what you would put in yours, I have put my list below to help you.

1. _____
2. _____
3. _____
4. _____
5. _____



My Bedtime basket:

1. Lip Balm
2. Phone Charger
3. My Activity Journal
4. A Book
5. A sleep mask (eye)



Create a list or lists

Write a list below of all the things that keep you calm or make you feel happy, there are some below to help you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Take deep breaths

Go for a walk

Talk to someone I trust

Listen to music

Exercise

Have a nap

Play a game

My Journal

WEEK 6:

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:

4. _____
5. _____
6. _____





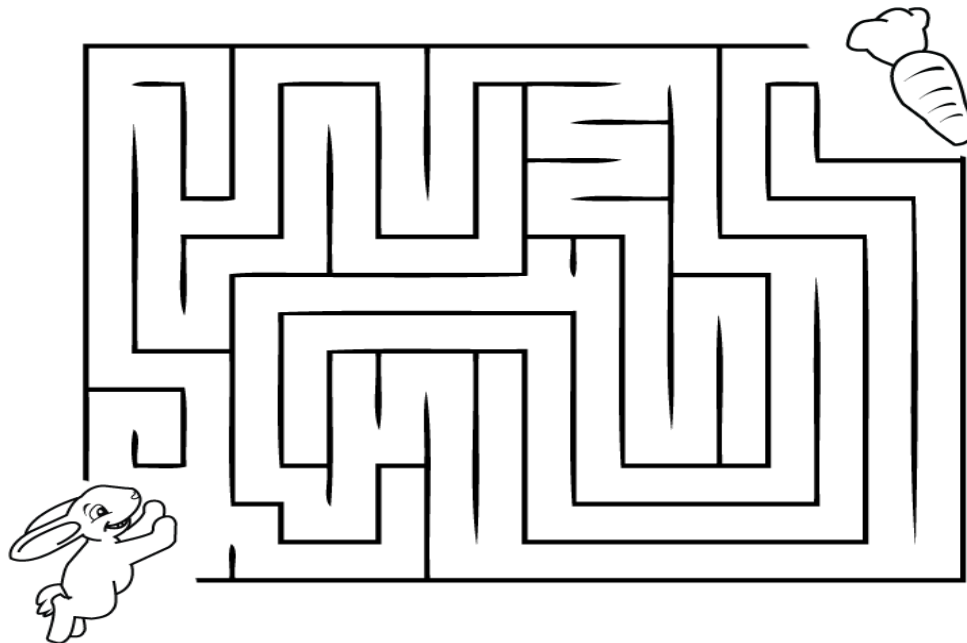
Activity Page



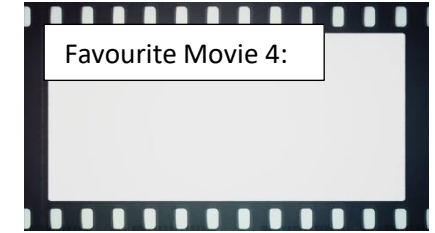
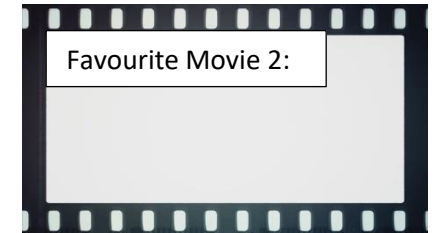
Spot the difference – 12 differences to find.



Help Me Maze!



Favourite Movies:



Dot to Dot.





The 'Let it Go' Balloons

Sometimes we can worry about things that we cannot change or have no control over. We must remind ourselves that worrying about them doesn't change what will happen.

Write your worries in these balloons and let them go.





This or That



Circle the one you like the best!

Bacon



Sausage

Apple



Banana

Broccoli



Carrot

Crisps



Chocolate

Sweets



Chewing Gum



The Five Senses Challenge



Our senses are important to our body as they help us function. You can also use them to help relax and keep calm or take you away from reality for a little while.

Our five senses are: Sight, Smell, Touch, Taste and Hear.

Write down FIVE things you can SEE:

1. _____
2. _____
3. _____
4. _____
5. _____



Write down FOUR things you can TOUCH:

1. _____
2. _____
3. _____
4. _____



Write down THREE things you can HEAR:

1. _____
2. _____
3. _____



Write down TWO things you can SMELL:

1. _____
2. _____



Write down ONE thing you can TASTE:

1. _____

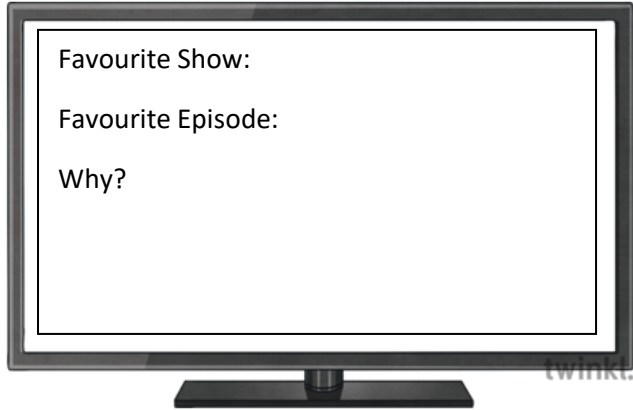




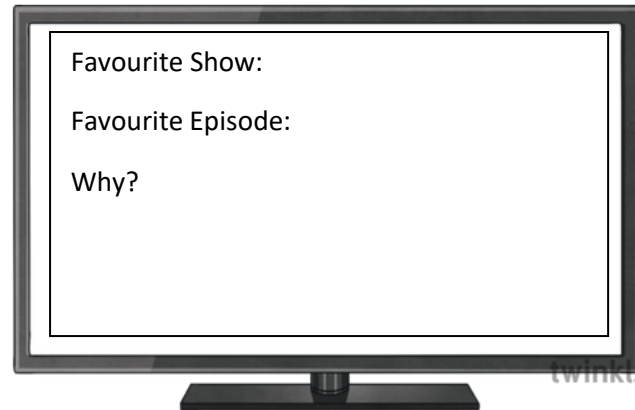
Favourite TV Shows



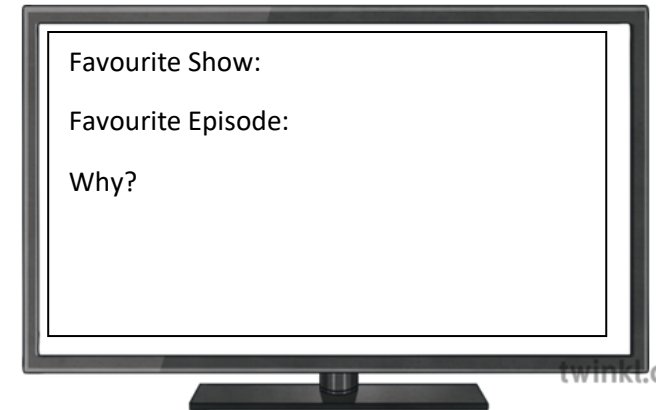
List your favourite TV shows below:



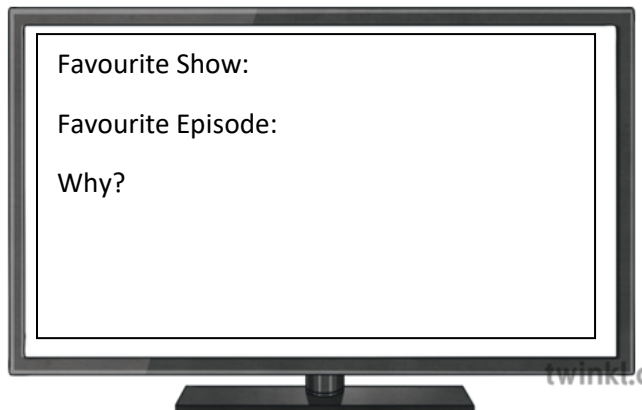
Favourite Show:
Favourite Episode:
Why?



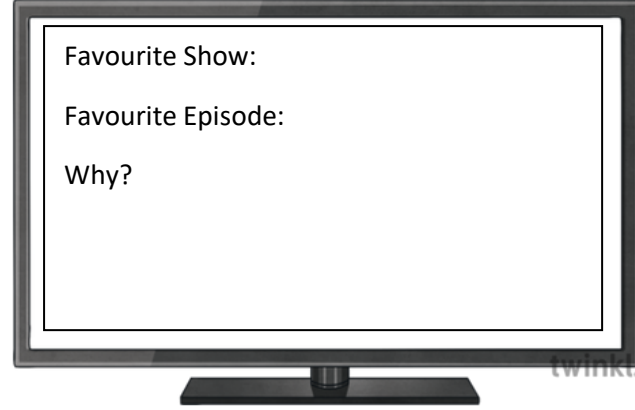
Favourite Show:
Favourite Episode:
Why?



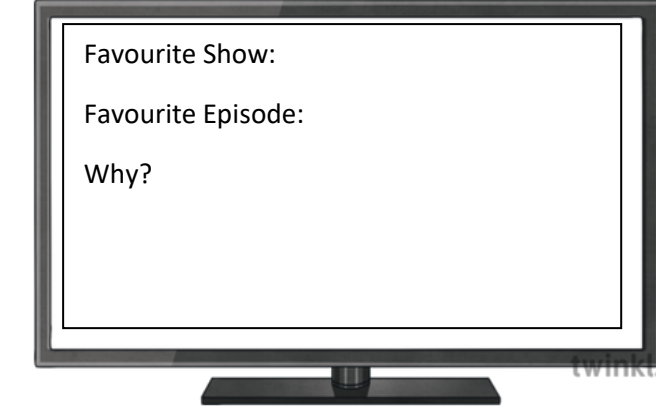
Favourite Show:
Favourite Episode:
Why?



Favourite Show:
Favourite Episode:
Why?



Favourite Show:
Favourite Episode:
Why?



Favourite Show:
Favourite Episode:
Why?