



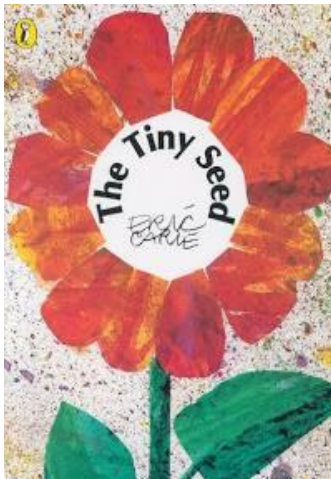
Word of the week is:

Theme of the week is:

Resilience

Superheroes

Activity 1: **Indoor Activity** 👍👎



A story about overcoming challenges. Watch:
<https://www.youtube.com/watch?v=ls6wTeT2cKA>

Activity 2: **Outdoor Activity** 👍👎



Apply online for seeds and lots of other activities to help you grow your own plants. Visit innocentbiggrow.com.

Activity 3: **Little Child, Big Challenge** 👍👎



Activity 4: **Superhero obstacle course**



Put your superhero powers to the test with an obstacle course! This is a brilliant superhero game for outdoors, but it will work inside too if you have enough space.

Give each child the chance to race against the clock and whoever finishes the obstacle course in the fastest time, wins. Here are some good obstacles:

A tree template and a leaf template. Each time you achieve or try something new, write this on a leaf and stick it on your tree. This way you can see how many things you have achieved!

- Weave through cones
- Run with a boiled egg and spoon
- Pop a balloon
- Run through the rungs of a ladder
- Crawl through a tunnel
- Walk along a balance beam
- Crawl under a sheet
- Create stepping stones

Activity 5: **Family Time** 👍👎

Family time discussion.

This word of the week is resilience, this means being able to find ways to overcome thoughts and feelings you find tricky.

Tell each other stories of when you were and weren't resilient:

- What happened?
- Why did you do what you did?
- When did you give up?
- Why did you decide to?
- Do you regret doing so?
- What did you learn from your experience?

Activity 6: **Creative Activity** 👍👎

Create your own superhero

You will need paper, pens, pencil crayons, and imagination!



- What will he/she wear?
- What powers will he/she have?
- Where will they live?
- Will they have another job like superman?
- How will he/she overcome things they find tricky?

Activity 7: **My superhero team** 👍👎 (Teenagers/adults)

There are times when we need to carry our own superhero with us. Why not draw round your hand and identify your team of superheroes to help you through your day?

Each finger represents a quality or skill you need. For example, patience, communication, compassion, honesty, and love.

Create your own and when you need help, call on them for support.

Activity 8: **Mindfulness** 👍👎 (Adult)

10 tips for building resilience for you and your family.

1. **Positivity** - Look towards the future, think of what you want from life.
2. **Realistic and achievable goals** - This helps give you focus.
3. **Strategies** - Plan your coping strategies. Don't be afraid to ask for help.
4. **Identify** - Identify your strengths and be confident in yourself.
5. **Learn** - Learn from experience and move on.
6. **Introduce** - Introduce a positive way of thinking. Focus on the good things in your life.

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| | <ol style="list-style-type: none">7. Enjoy - Make time to do the things you enjoy8. Needs - Take care of yourself. Keep healthy and fit.9. Connect - Build healthy relationships with your family and friends10. Embrace Change - Don't dwell on the past. Put your energy into the present to shape your future. |
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