

Word of the week is:

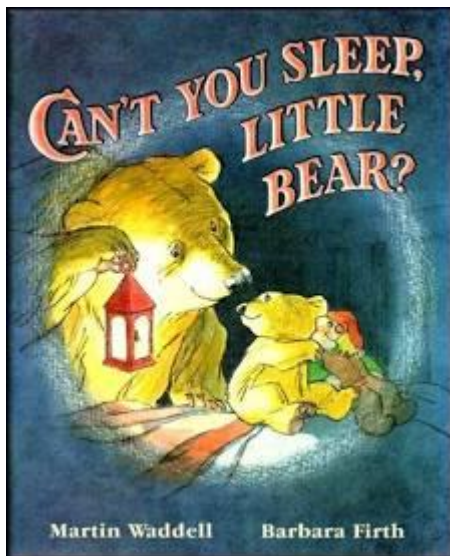
Theme of the week is:

Courage

Goals

Activity 1 👍👎 Indoor activity story time

<https://youtu.be/u1aJimzuzbq>



Activity 2 👍👎 Dream catcher



You will need:

- Feathers or coloured paper
- A paper plate or circle of card
- Hole punch
- Wool or coloured thread.

Directions:

1. With adult help, cut out the centre of the plate leaving the circular edge.
2. Cut or use hole punch to create several holes for threading
3. Thread and cross over to the opposite side, creating your own unique pattern
4. Thread and attach feathers or coloured streamers of paper to the bottom (see pictures).

Activity 3 👍👎 Family Activity



If I were a courageous animal I would be:

I chose this animal because _____

I admire this animal because _____

I would like its ability to _____

I would not like to be this animal because

Do my family think I would make a good

If so why? _____

If not why not? _____

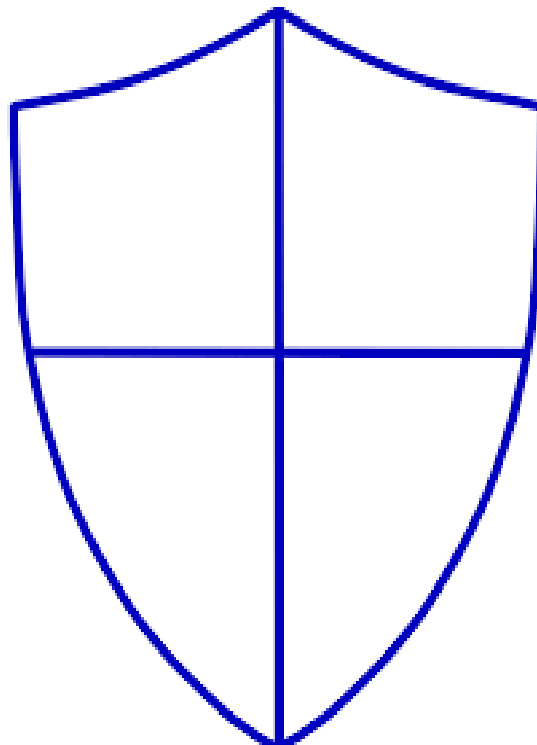
What skills would I need to work on to be

a _____

Activity 4 👍👎 Shield

To give us courage we sometimes need tools to help us. The shield protects us from a **physical** attack. You can create your own shield to protect you.

1. What other tools could you use to help you to have courage in a time when things are challenging?
2. Write or draw some of these tools on your shield (copy the picture below)
3. Here are a few words to consider;
Determined
Focus
Strong willed
Knowledgeable
Safe
Fearless
Protective
Can you think of any to add?



Activity 5 👍👎 Family activity

Courage goals

Sometimes we just need to push ourselves to be brave.

Set yourself some goals that offer you a challenge where you need to be brave.

There is no need to worry about not achieving it. Setting yourself a goal can often be the first step to showing courage.

I need to be more _____

I should experiment with _____

I'm going to try to _____

I've always wanted to _____

I admire people who _____

What's stopping me from _____

Then try some of the activities opposite

Activity 6 👍👎 child/family activity

Try something new



A new food



A new skill



Attempt a challenging puzzle (you might surprise yourself)



Set yourself a timed activity or a goal to achieve.



set yourself a fitness goal

Activity 7 👍👎 Childrens competition time

create your own
superhero
and win prizes!



SUPERHEROES, WE NEED YOU!

👤 Children! Your mission, should you choose to accept it 🤖 is.....

To design your very own superhero, a hero that represents you and your superpowers ✨ Really use your imagination and get creative! Draw, paint, build, craft – use whatever you love to do!

The most creative and amazing creations will win a tangle toy each week with the overall winner of the next four weeks winning a toy hamper!

Calling all parents and school teams! Please can you help? Send us a photo or the drawing of the superhero. To submit your creations, leave photos in the comments, send them in a DM, or email enquiries@fortistherapy.co.uk.

Ready... steady... go... and have fun! 🙌

Activity 8 👍👎 Family challenge

We need your help! Can you do a family challenge to raise money?

We're looking to raise £10,000 to support mental health and wellbeing, to fund therapy for hundreds of people struggling in the COVID crisis.

The money will help up hundreds of key workers and people in the northern Lincolnshire community to access therapy with professional, qualified and accredited therapists, at no charge to the individuals accessing Fortis therapy.

We'd like to say a huge thank you to Jayne O'Flynn and [Driver Hire Grimsby](#) for starting and supporting this campaign.

<https://www.justgiving.com/crowdfunding/fortistherapyandtraining>

