





Headstrong - Week 20

2020/21



"We are tired, but
dawn is coming...
So hold on."



HEALTHY SCHOOLS CHALLENGE:



See
THE
good

Times are changing, spring is coming, hope for the world opening up has been given...

Your challenge this week is to work on your mindset in preparation for returning to school. Complete your own reflection on the positives we have at the moment!

Keep this safe for when you have difficult moments and need a reminder.



How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."

I AM

I HAVE

I CAN

I AM

Sometimes silly, friendly,
chatty, caring, big
hearted, proud of my
family, a teacher

I CAN

Cook, read books,
go for walks,
chat to friends,
dance round the
kitchen!

I HAVE

A job I love, a
great group of friends,
a safe home, a loving
family, hope that things are
going to improve!



SOON ENOUGH
you will see & SQUEEZE
your FAMILY and PALS
and when that day comes
it'll be the most special & SPARKLY
& ALL OF THIS WILL BE OVER.

emily coxhead