

2020

Age



Name



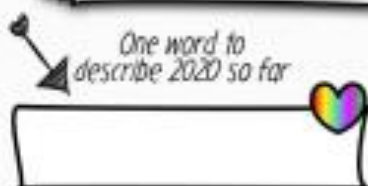
Something I learnt to do



Happiest memory of lockdown



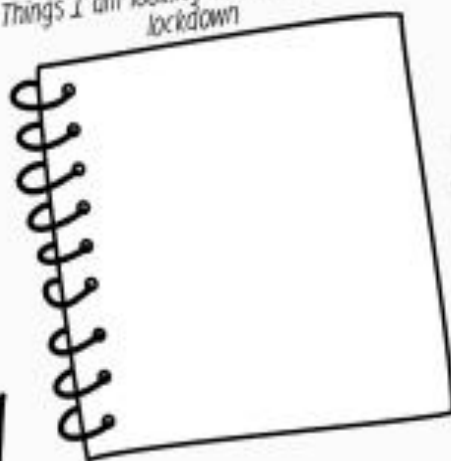
One word to describe 2020 so far



What I am thankful for



Things I am looking forward to after lockdown



Proud moment of lockdown



My worries



Friends I want to see

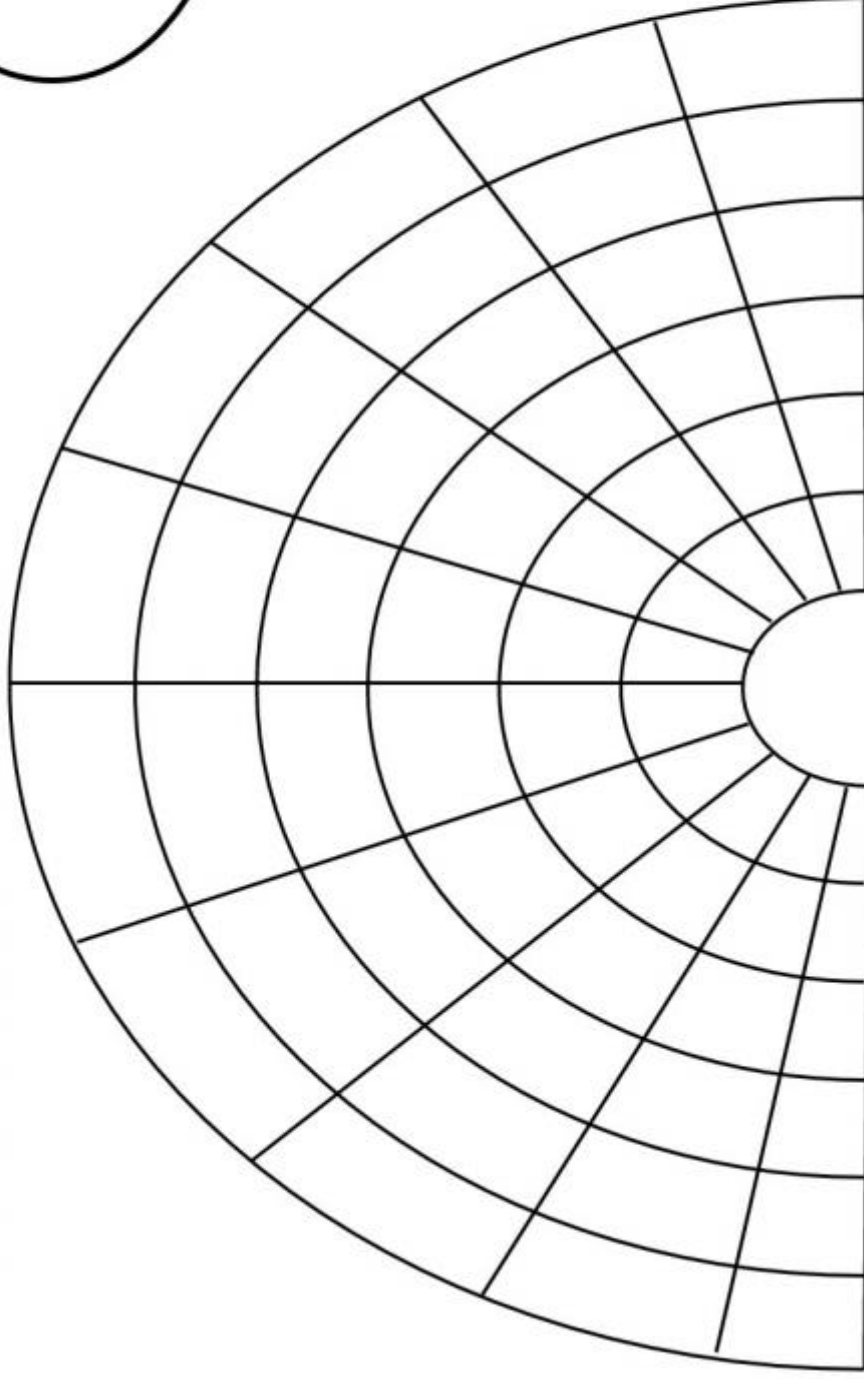


What I learnt about myself



Rainbow of feelings Mood tracker

How am I
feeling?



My name is...

*You
are
amazing!*

*You
are
strong!*

*Keep
going!*

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*Take some
deep
breaths!*

*You
can do
this!*

*You are
awesome!*

*Remember
your
smile!*

*There is
only one
you!*

*You are
stronger
than you
think!*

*Believe
in
yourself*

*Today
will be
amazing!*

*Reach
for the
stars*

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*Stand
tall and
proud*

*You've
got this!*

*Find
your
calm!*

*Take one
small step
towards
your
dreams*

*Choose
kindness*

*Focus on
what you
can
control*

*Shine
bright!*

*You
have a
big
heart!*

*Think
happy!*

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*You can
handle
this!*

*Help
others*

*Be fun
and have
fun!*

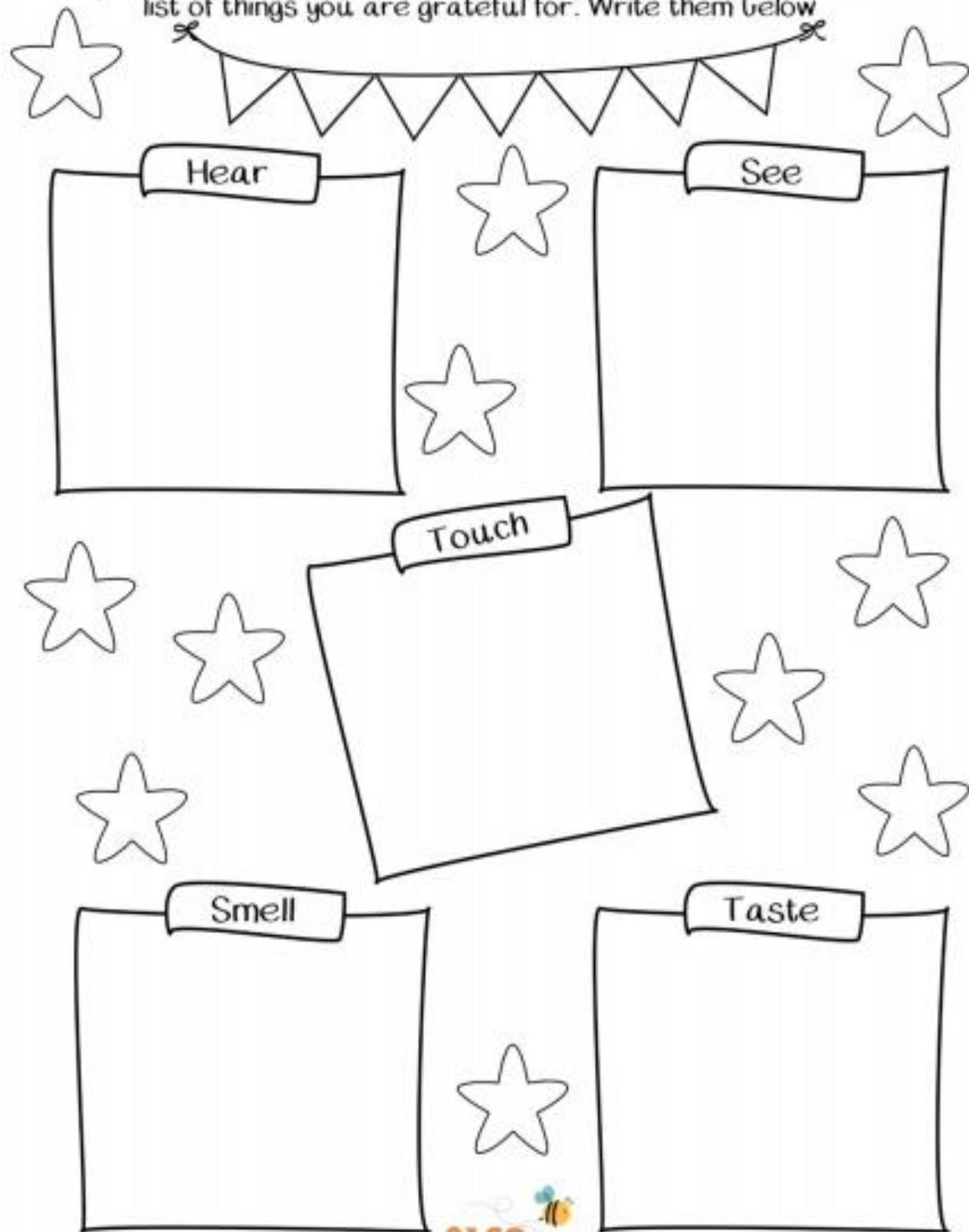
*Your
choices
matter*

*Follow
your
heart*

*Enjoy
every
moment*

Gratitude walk

Go for a walk around your house, garden, classroom or school. Use your senses of sight, hearing, touch, smell and taste to make a list of things you are grateful for. Write them below



The worksheet is designed for a gratitude walk. It features five large rectangular boxes for notes, each with a label at the top: 'Hear' (top left), 'See' (top right), 'Touch' (center, tilted), 'Smell' (bottom left), and 'Taste' (bottom right). The boxes are surrounded by several five-pointed stars. At the top, a banner with triangular flags is strung across the page, with scissors at each end indicating where to cut. The entire page is decorated with stars and a banner, creating a festive and engaging atmosphere for the activity.