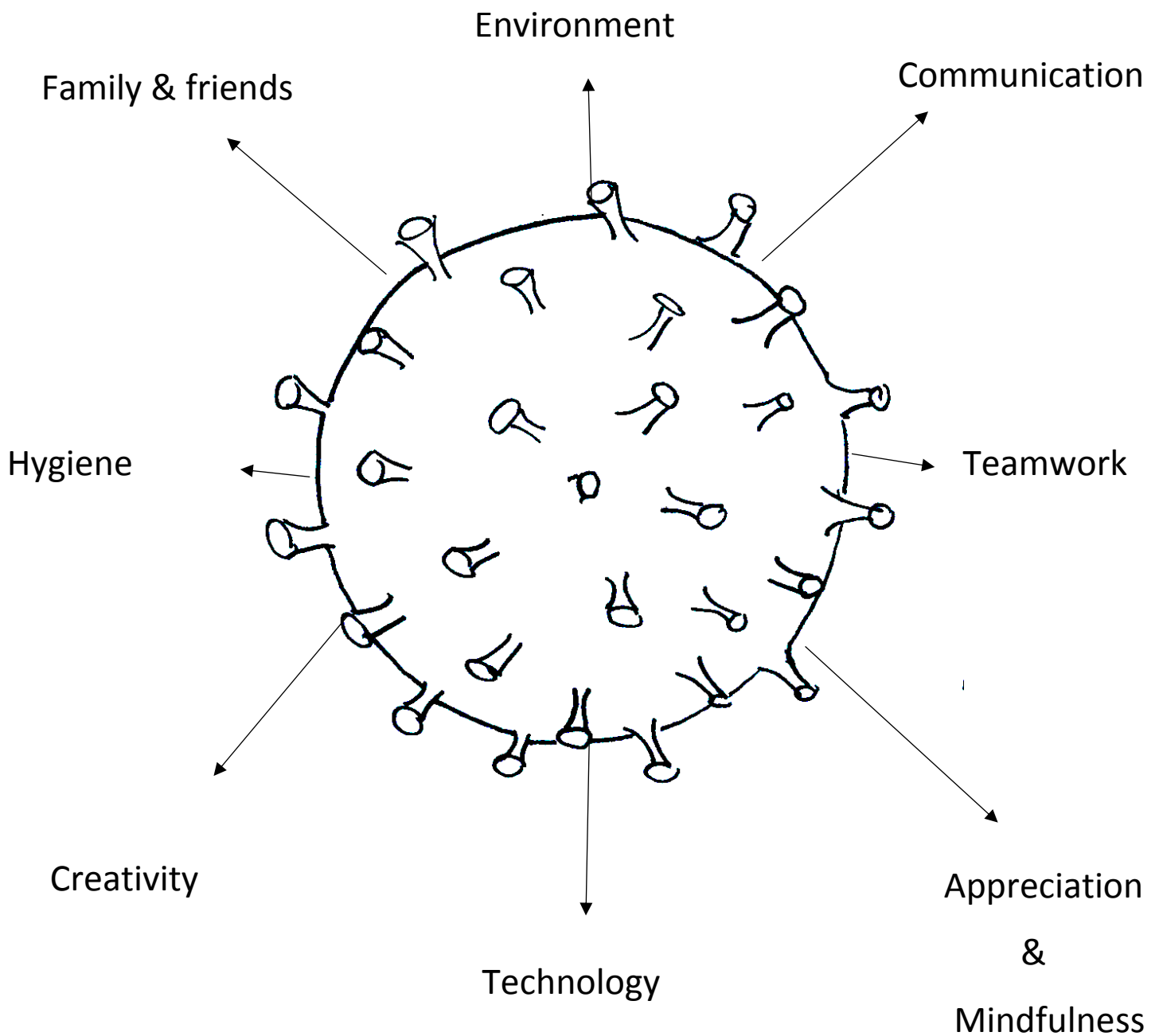


Positive thinking during Coronavirus

By Miss Cave



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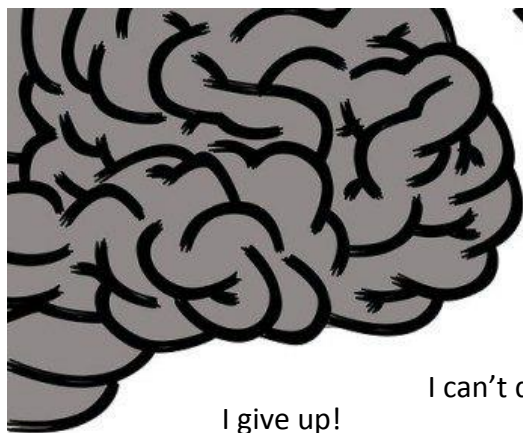
Develop your growth mindset

In a time when we may have many negative thoughts it is a great opportunity to practice changing a fixed mindset to a growth mindset.

A fixed mindset does not provide the opportunity to grow, develop and improve. A growth mindset does allowing us to be the best that we can be.

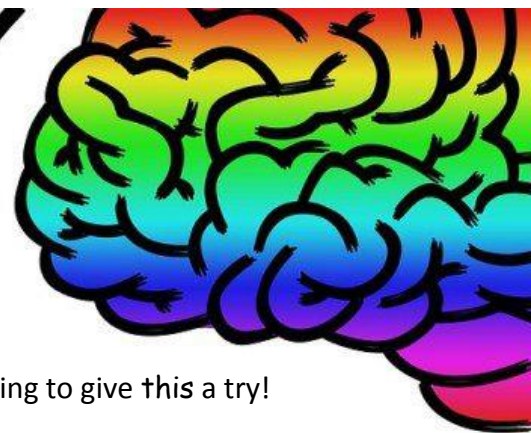
In the heads below see if you can transform fixed mindset thoughts into growth mindset thoughts. Two have been done for you.

FIXED MINDSET



I give up!
I can't do this!
I'm no good at this!
It's too difficult!
I made a mistake, I quit!
I've lost everything!
It's too much effort I can't be bothered!
I want everything to stay the same!
I'm scared of that!

GROWTH MINDSET



I'm going to give this a try!
Look at everything I still have and could have in the future!

Can you think of anymore growth mind-set thoughts that will help you through this challenging time?

Coronavirus has helped the environment

By staying at home we have reduced pollution by carrying out less travel by car, plane, train and ship. We have also shut down some factories therefore reducing pollution from industrial activity. In the time in which we are staying home, we will use less fossil fuels to power vehicles and we will reduce the emission of harmful gases into the air. These two things will give the Earth a well-deserved break from some of our human activities that are damaging the planet.

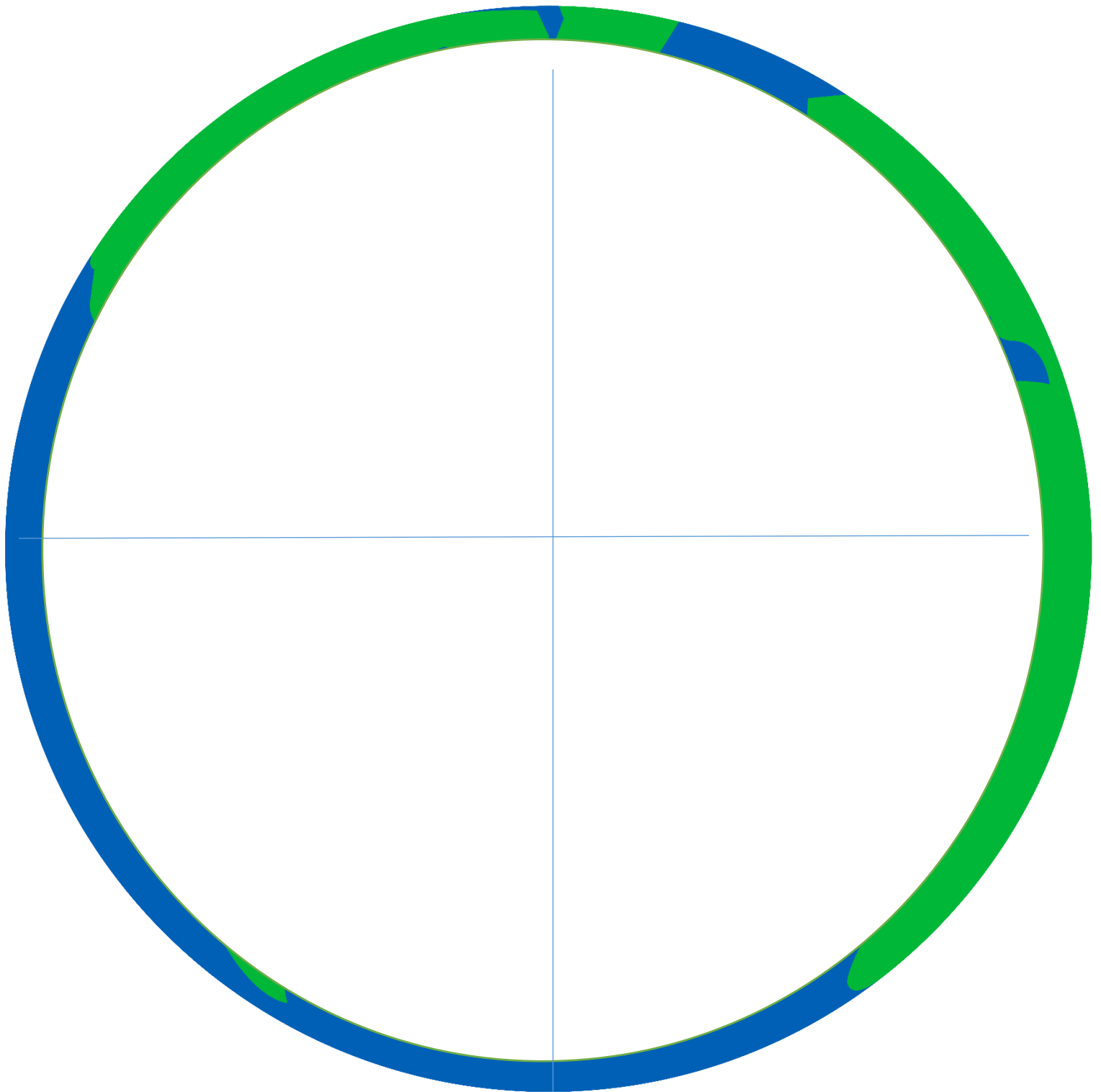
Colour in the pictures below.



In the future we will still use vehicles to travel and industries will be re-opened to start producing products again but it may just make us think about how we can reduce pollution.

Taking care of our planet in the future

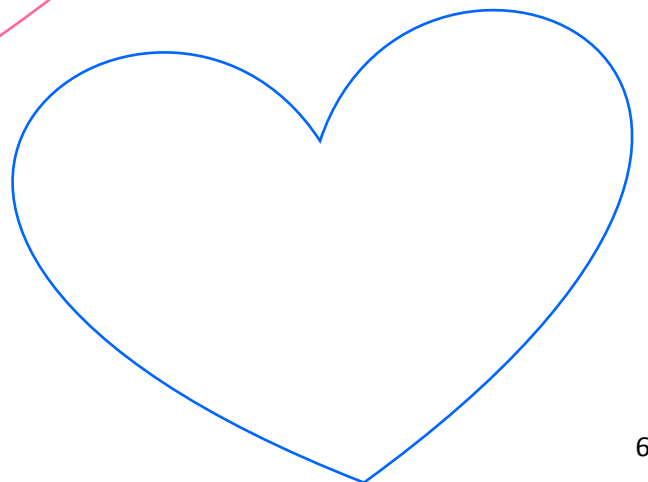
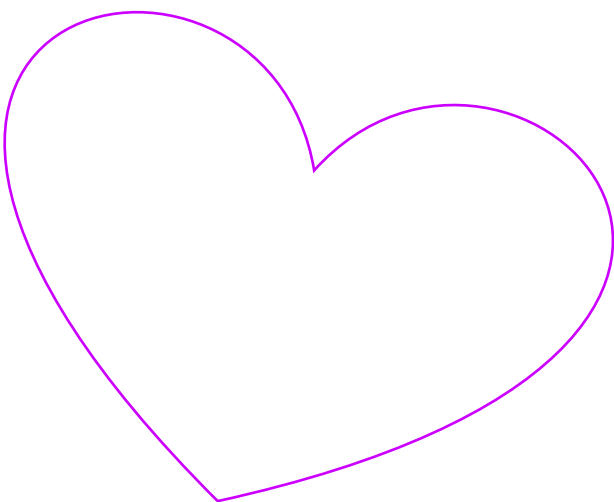
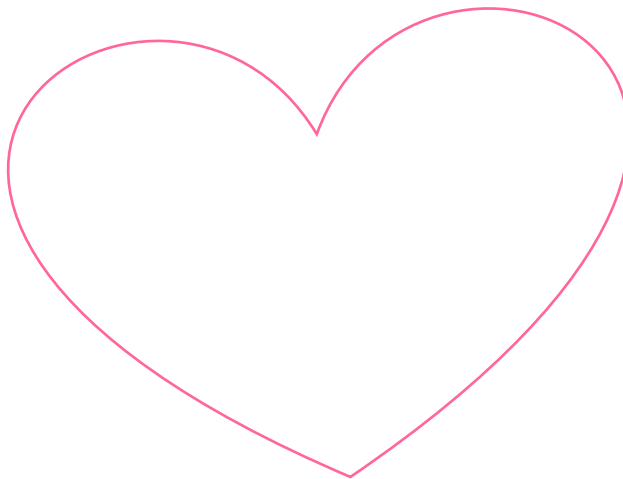
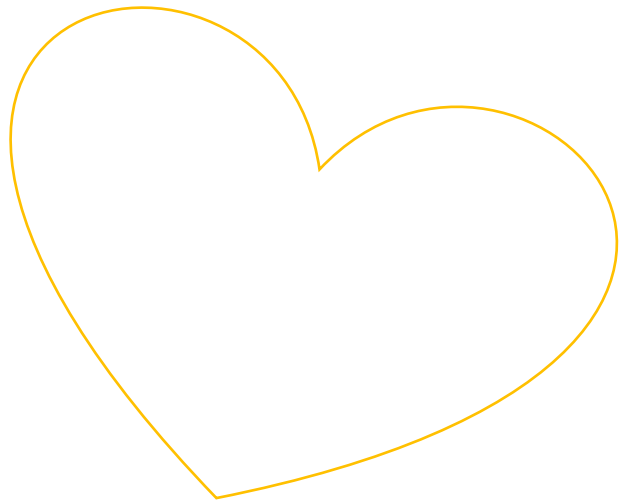
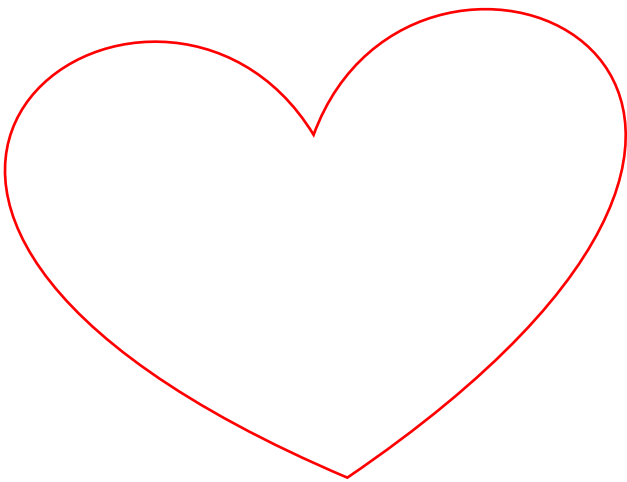
Can you think of 4 ways we can help our environment in the future?



Appreciate friends and family

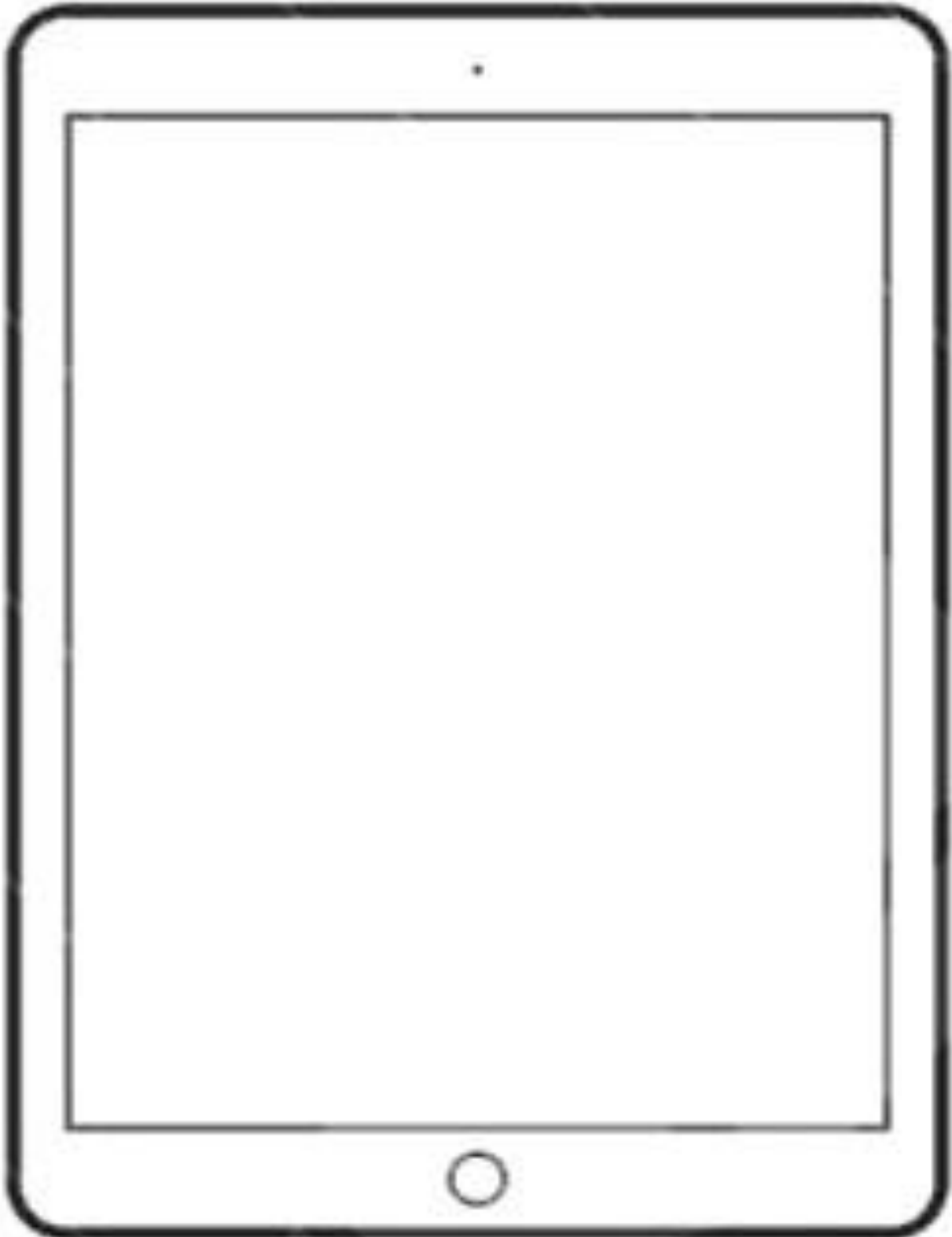
Coronavirus has made us appreciate our friends and family more. At the moment we are unable to meet up with friends and family like we did before. This may make us think about just how much we enjoy spending time with these special people.

In the love hearts below, write down or draw all of the things you love about spending time with friends and family. This will help you remember to stay grateful for these things in the future.



Be grateful for technology

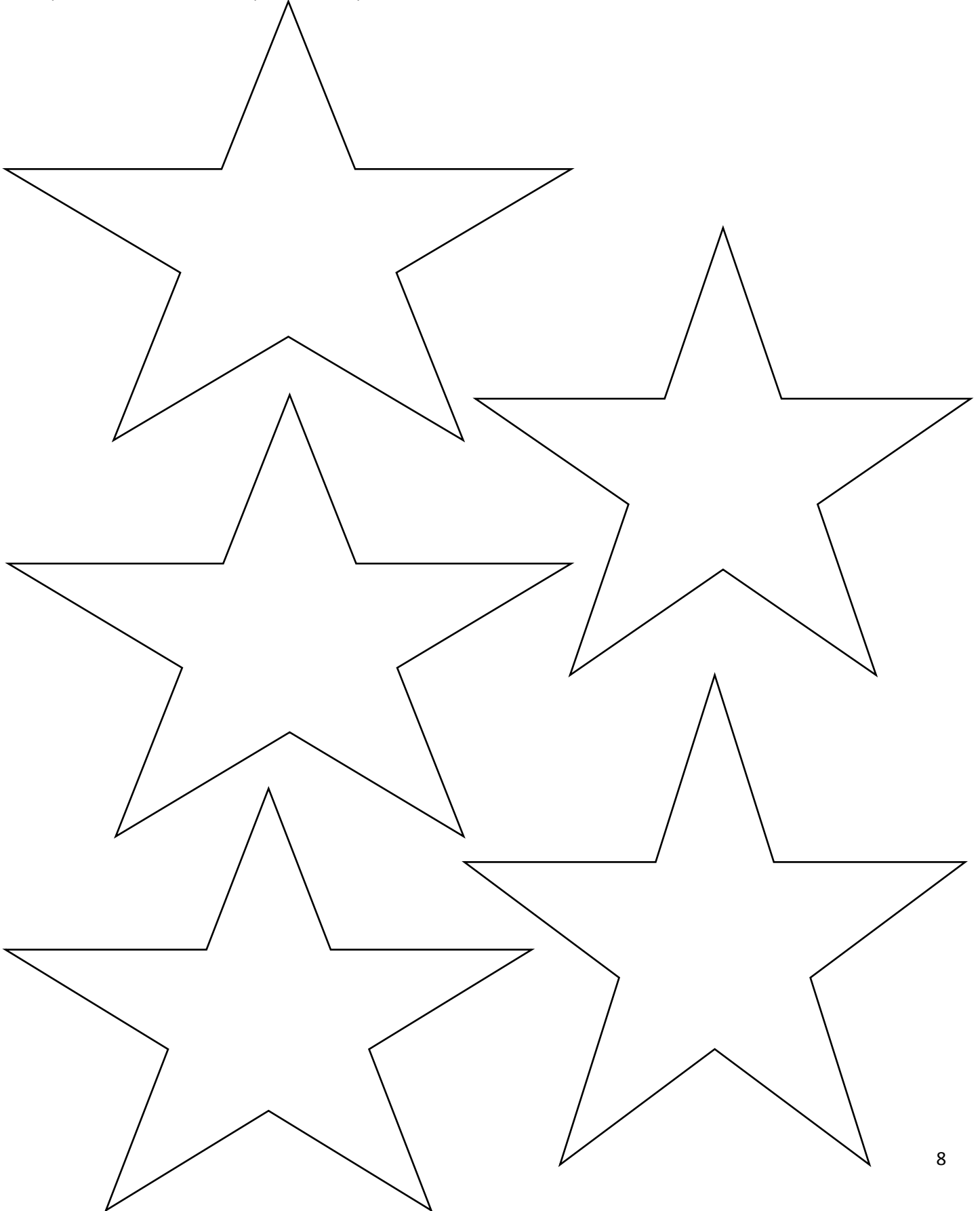
Imagine if coronavirus isolation happened 100 years ago. There would be no iPads, laptops, phones, TV's, PlayStation, Xbox's, Nintendo's, printers The list goes on. On the iPad screen below draw or write about at least 4 ways in which technology will help us during coronavirus isolations.



Stay safe online

Technology is amazing as it helps us communicate and access information. We do have to be careful though.

Can you think of 5 ways to stay safe online?

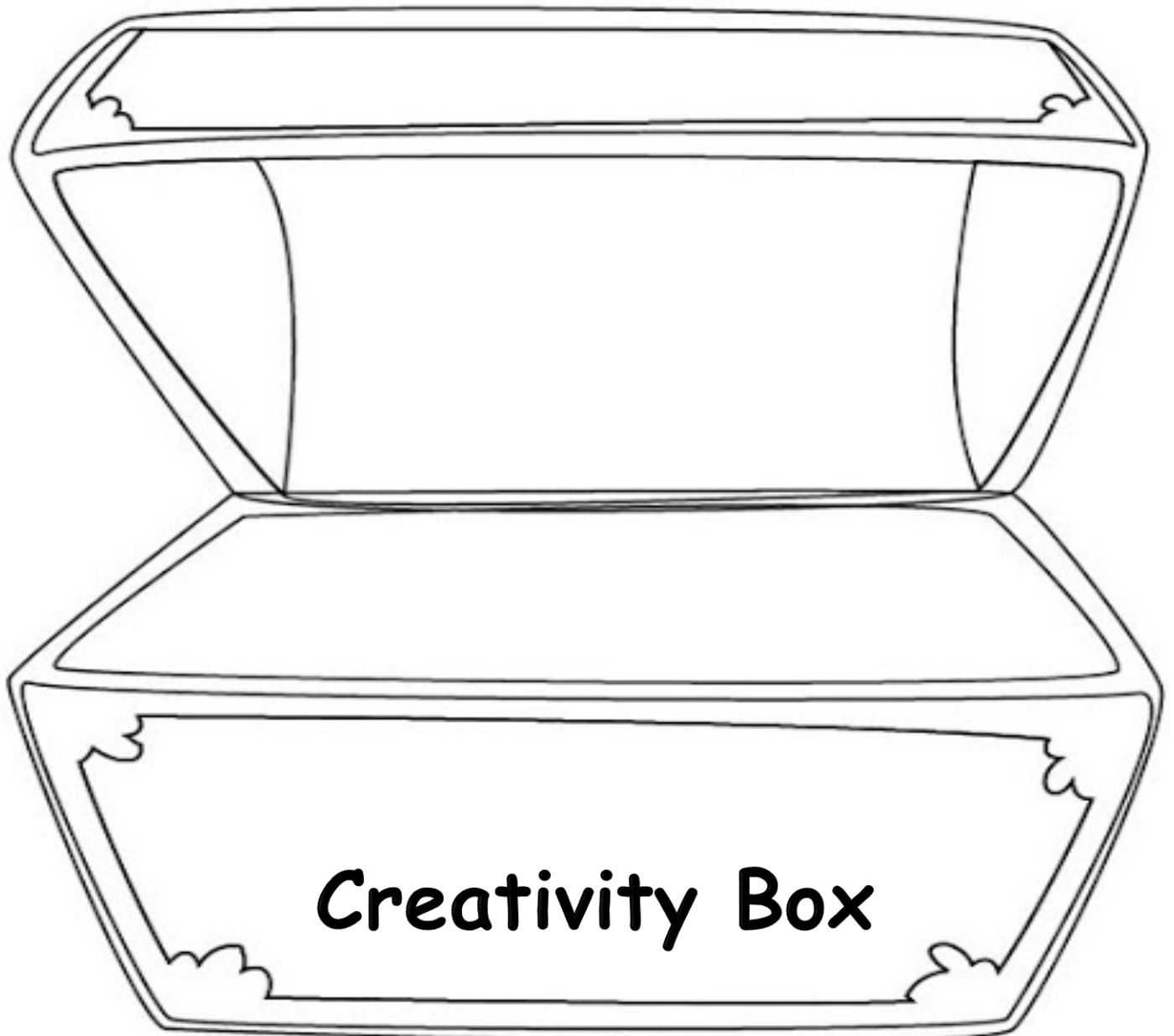


Be creative! Fight boredom!

During coronavirus isolation we may be unable to go out and do some of the things we would normally do. This means we will have to develop our creativity.

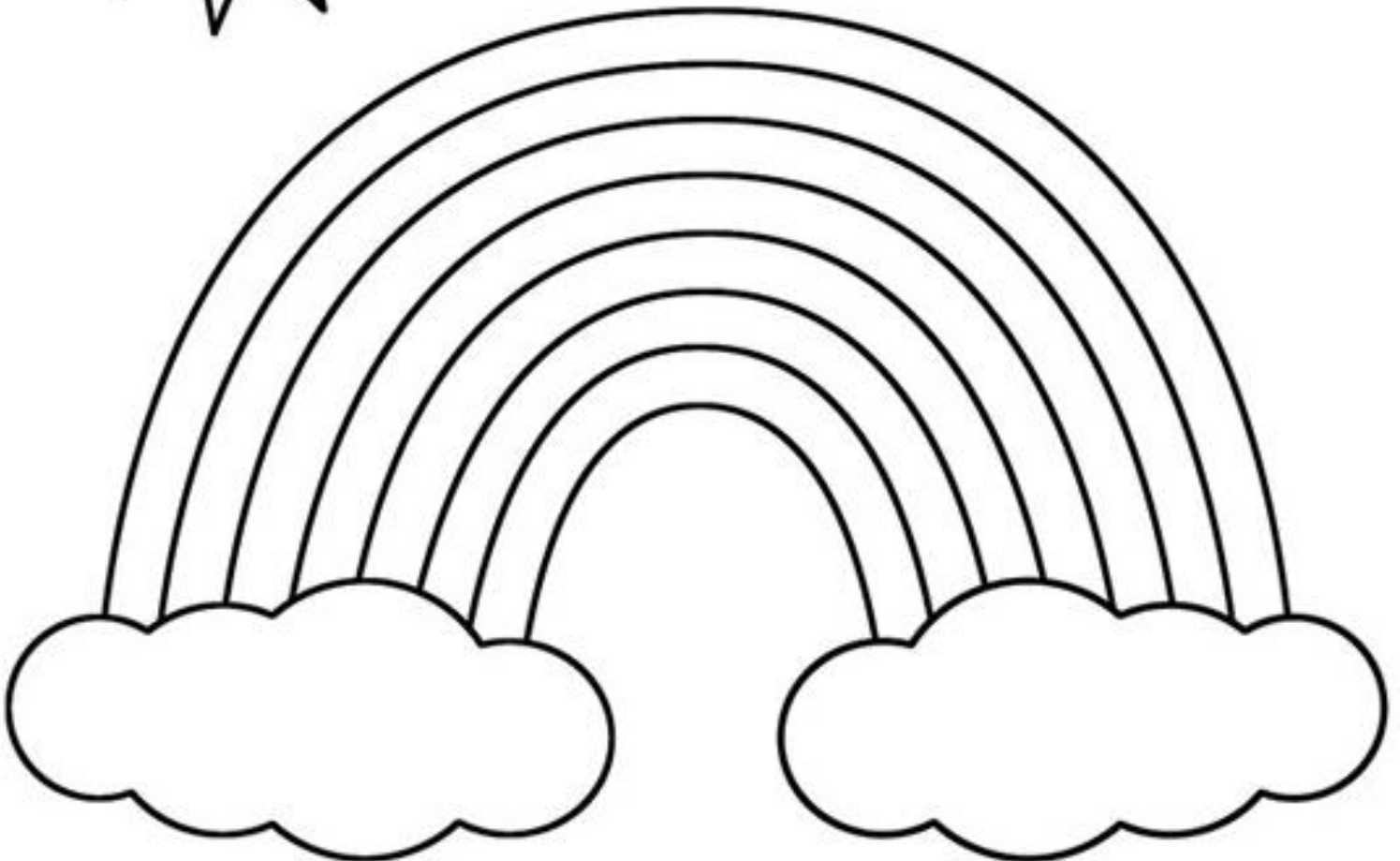
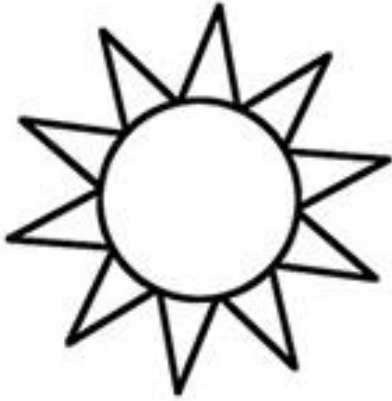
In the creativity box below, write down some of the things you could do with your time at home.

Here are some ideas to get you started: do an exercise circuit, yoga, painting, write some lyrics, read a book, write a story, draw, make some models out of playdough or clay, practise different hairstyles, upcycle old clothes and objects to make new things, play an online quiz or game, bake something, cook a meal, listen to music, learn to play a new instrument, Vlog, Blog, keep a journal, do some gardening or help with the household chores

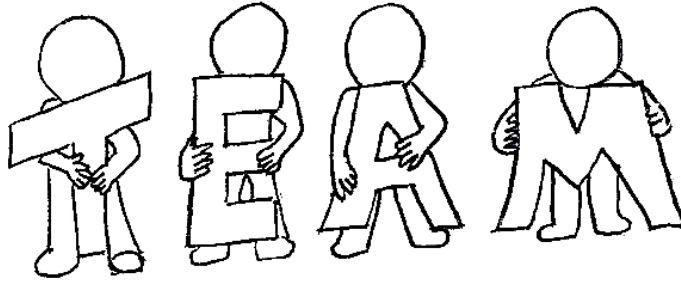


Appreciate the people who help us?

During the coronavirus many people are helping each other. Some people are working extremely hard to keep our country running, these are called keyworkers. They do important jobs like keeping us healthy, providing us with food, helping us continue to learn, transport important things from one place to another and keep us safe. Can you think who these key workers are? If you are not sure do a little research on the internet. Colour in the rainbow below and on each colour write the name of one type of key worker.

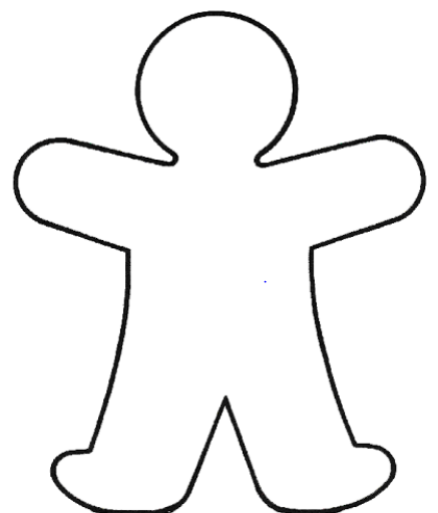
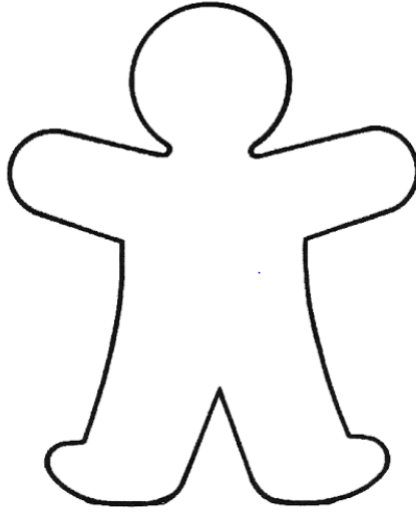
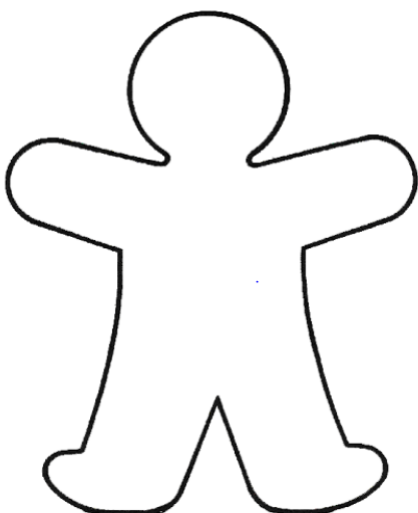
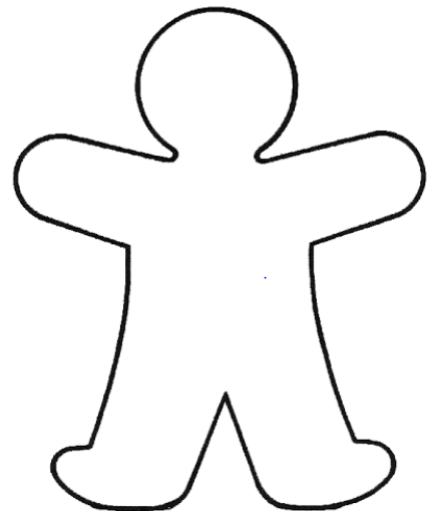
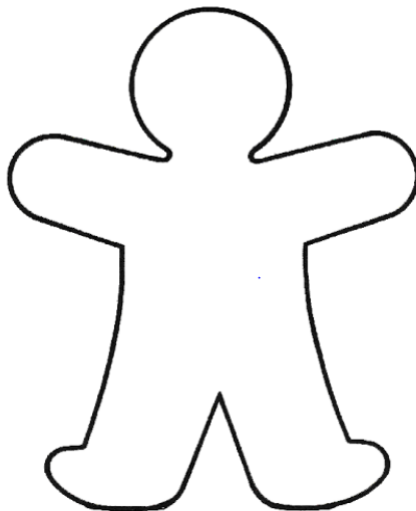
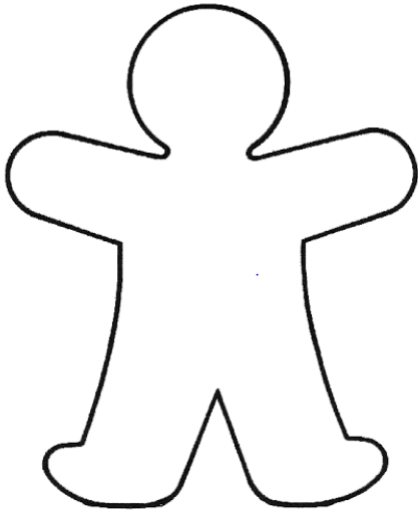


Be the best team we can be



Challenging times like this brings people together and helps us learn how to work better as a team.

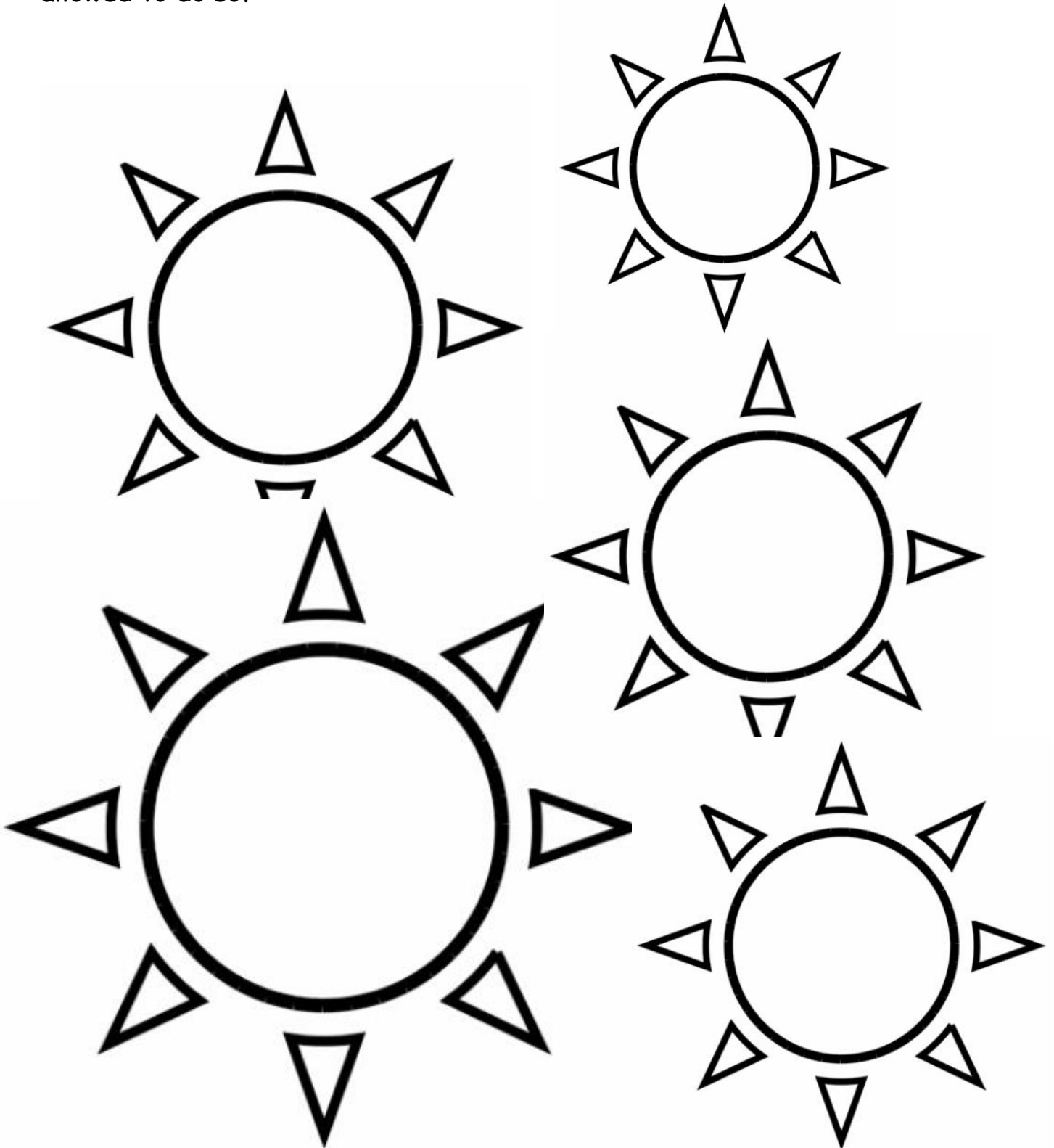
What do we need to do to work well as a team? Write your answers in each person.



Appreciate everyday things

To help us stay safe and healthy, the government have had to stop us from doing certain things. Whilst this may make us feel sad at the moment, it will make us more thankful for being able to do these things again in the future.

What things do you look forward to doing again in the future when we are allowed to do so?

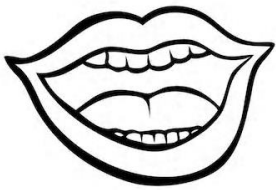


Develop mindfulness

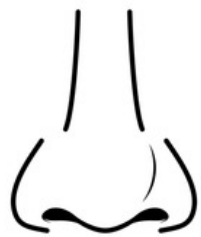
Whilst we are spending more time at home it's important to appreciate the smaller things in life by being mindful and taking notice. Write one thing you have appreciated for each sense.



Describe something wonderful that you have heard



Describe something delicious you have tasted



Describe something incredible you have smelt



Describe something beautiful you have seen



Describe something amazing you have touched

Keep up the good hygiene

Living in times of coronavirus has meant that we have had to be more aware of keeping ourselves clean and healthy. Can you sequence the hand washing process? Put numbers along the side to show the order.

Rinse your hands with water.

Wet your hands with water.

Rub your hands together.

Dry on a paper towel if possible and if not a clean towel.

Turn the tap off.

Turn the tap on.

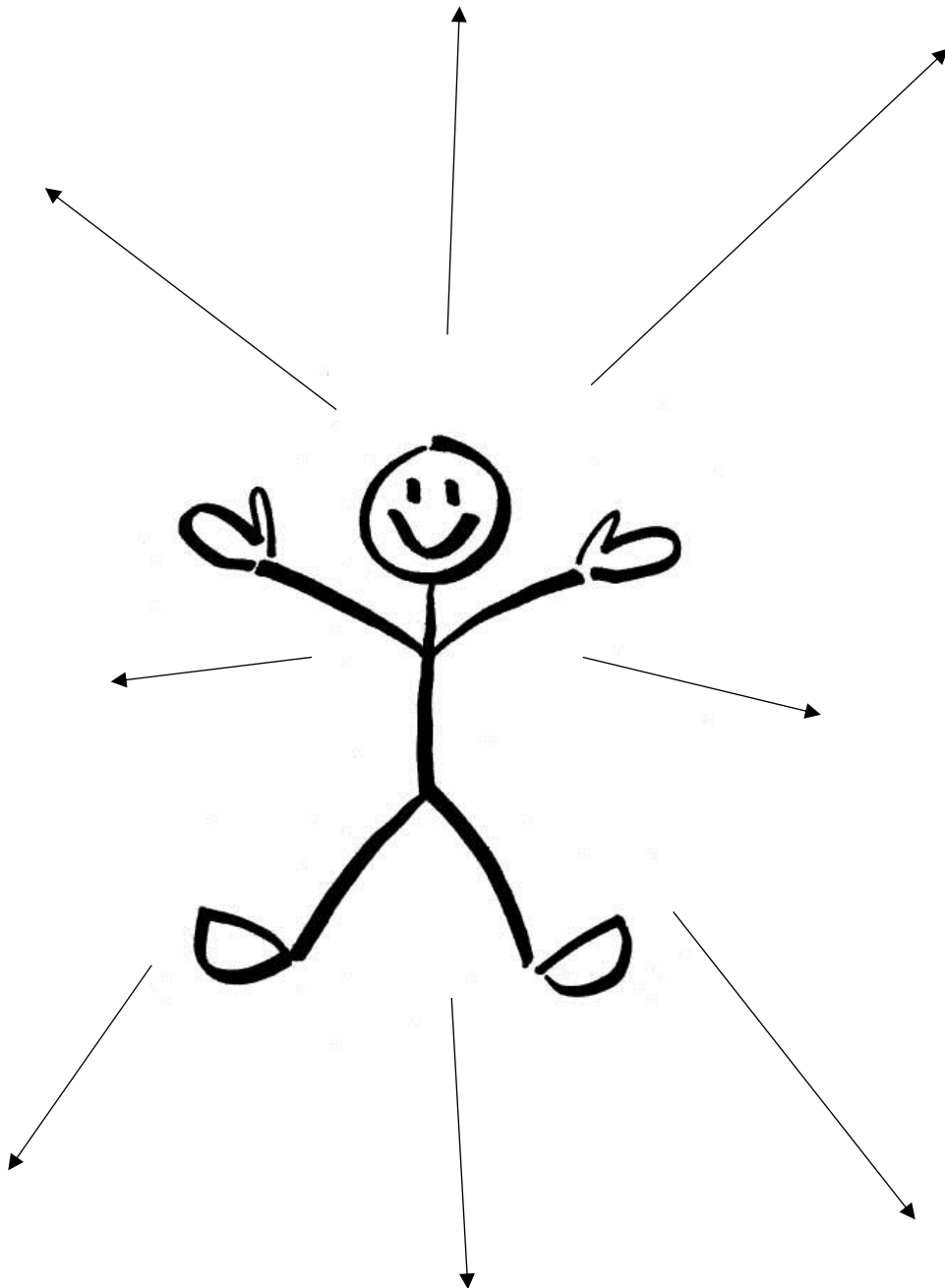
Apply enough soap to cover your hands.

Clean in between your fingers and the front and back of your hands for at least 20 seconds.



Look after yourself

Can you describe other ways you can keep yourself healthy and clean?



Keep a check on your emotions

This is a challenging time for everyone and our emotions will go up and down. This is normal. It is good to keep an eye on our emotions so that we can talk to others if things are getting us down.

What colour or number are you today?



Week/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Build Resilience

Just like when you use a trampoline we all need to learn to bounce back up. It's important to know what can help you feel more positive when you are feeling down. Write around the trampoline.



Final Note

During this time we will experience a way of living that is different to anything we have known before. Though at times it may be challenging, all tough times give us an opportunity to develop and learn new things. Do your best to look after both your physical and mental wellbeing during this time. Take care of each other even if it is from a distance. We can all do this, we just have to believe in ourselves and our ability to adapt and grow. We would love to hear about your journey, so if you can keep a journal, blog or vlog so that we can see what you have been up to.

Take care everyone.

Miss Cave

&

All of the teachers, LSW's and other staff at
Belmont

