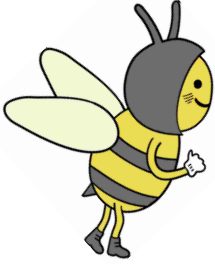
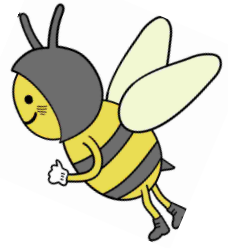
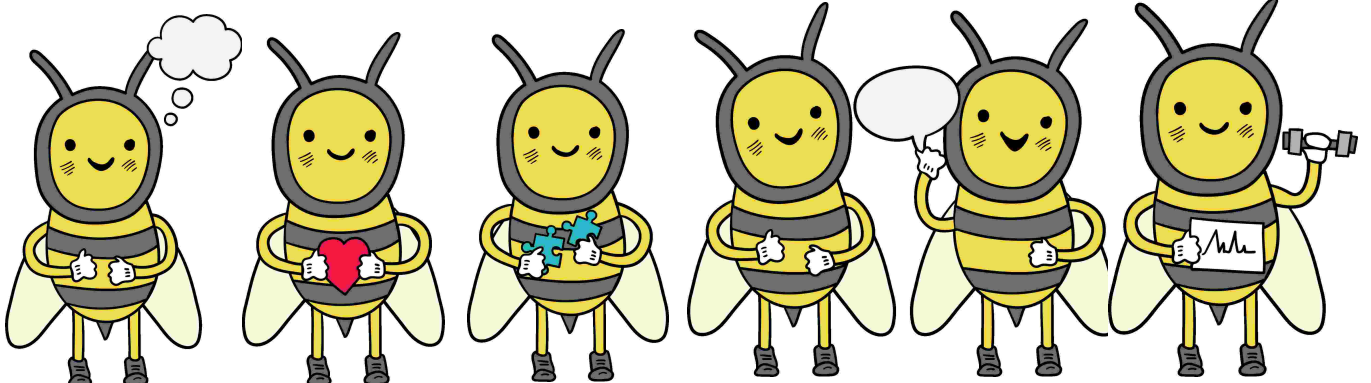


Inspirational Futures

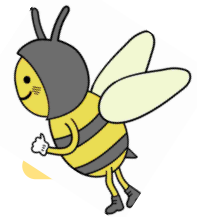


Our Family Well-being Diary



Our names are...

Add a drawing of everyone here!



Today's date is...

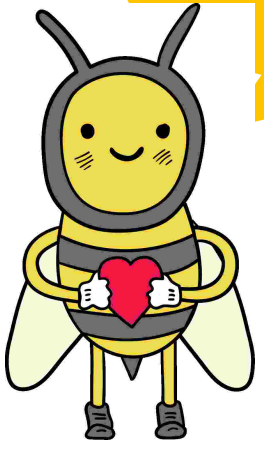
We live at...

The weather is...

Date: _____



Draw around each person's hand here and label them!



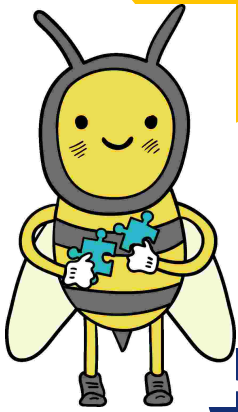
Did something great/funny/memorable happen today? Jot it down here!



Reflection Section

Date: _____

Phones, letters and video calls
are all great ways to stay in
touch. Who are the people you
plan to connect with?



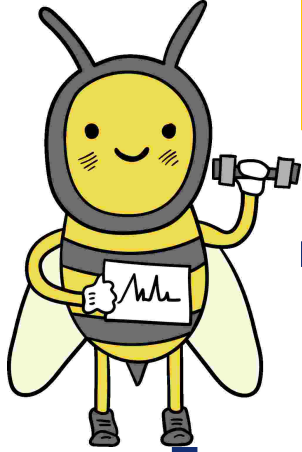
	1. A key worker we know



Reflection Section

Date: _____

Here's an active bingo! Can you all complete each activity?
Don't mark the square until everyone has completed it!



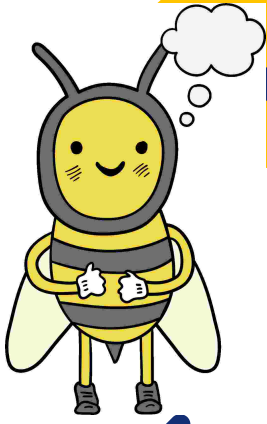
30 star jumps	1 minute running on the spot
Dance to your favourite song	Learn a new yoga position



Reflection Section

What responsibilities do you each have at home/ locally/globally?

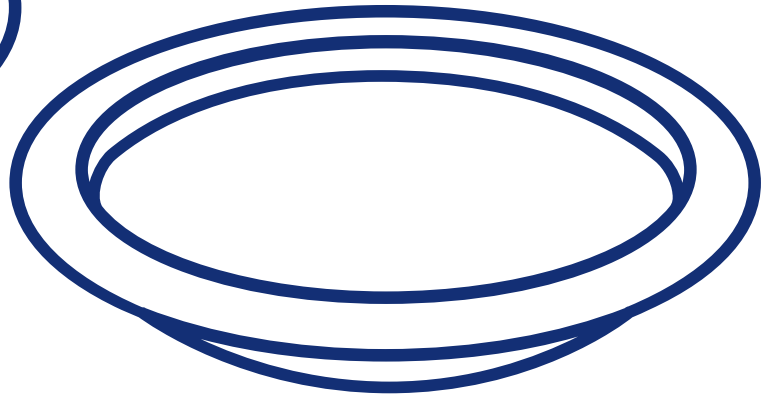
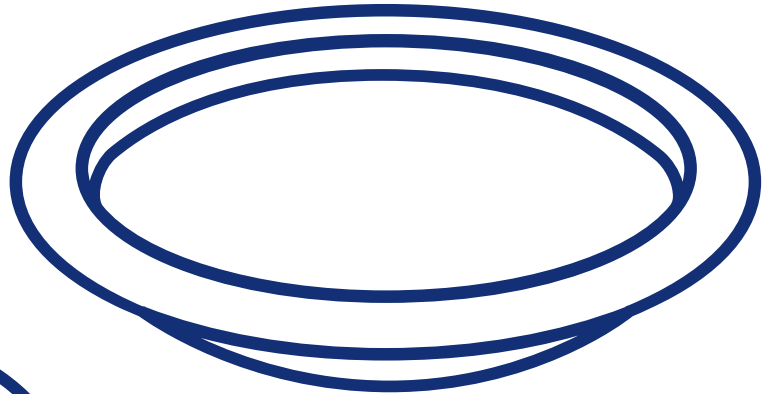
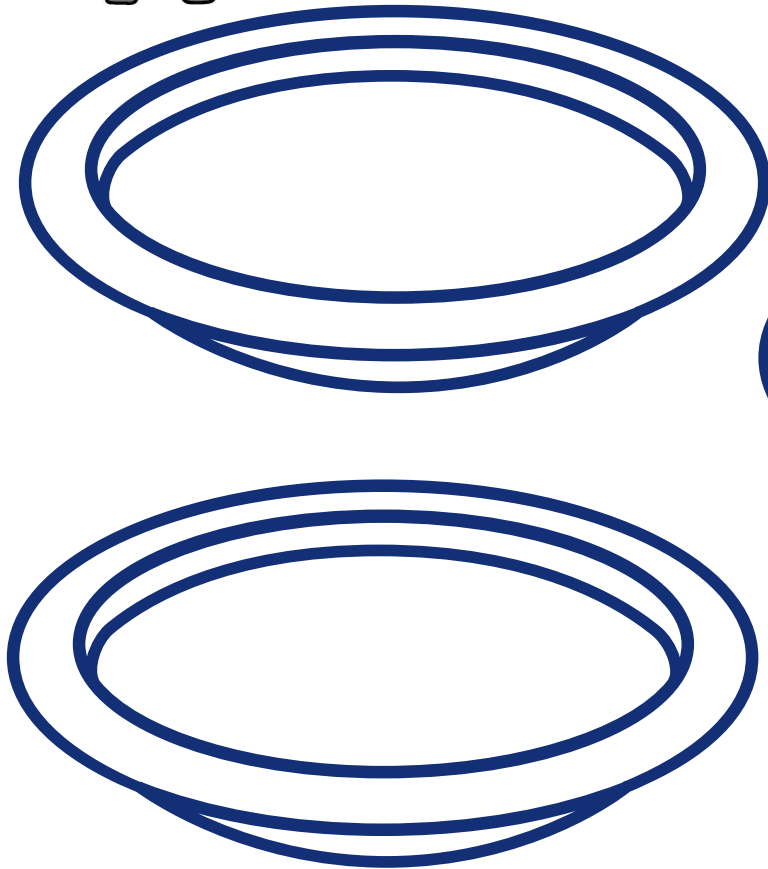
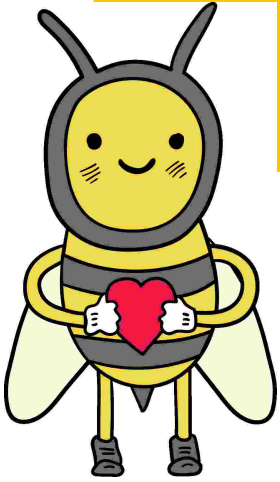
Date: _____



Reflection Section

Draw your favourite foods on these plates. Then imagine it when you try your new breathing technique.

Date: _____



Print this page twice if you need extra plates!



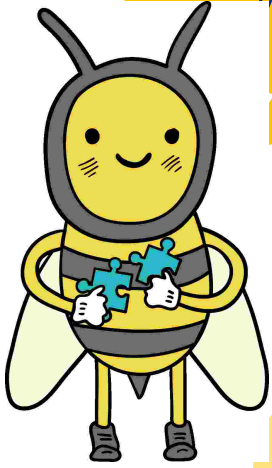
Imagine you've just taken something tasty out of the oven, like cookies! As you slowly breathe in, smell that delicious food! It's hot, so you have to blow on it to cool it down. As you slowly breathe out, imagine you are blowing on your favourite food to cool it down.



Reflection Section

Date: _____

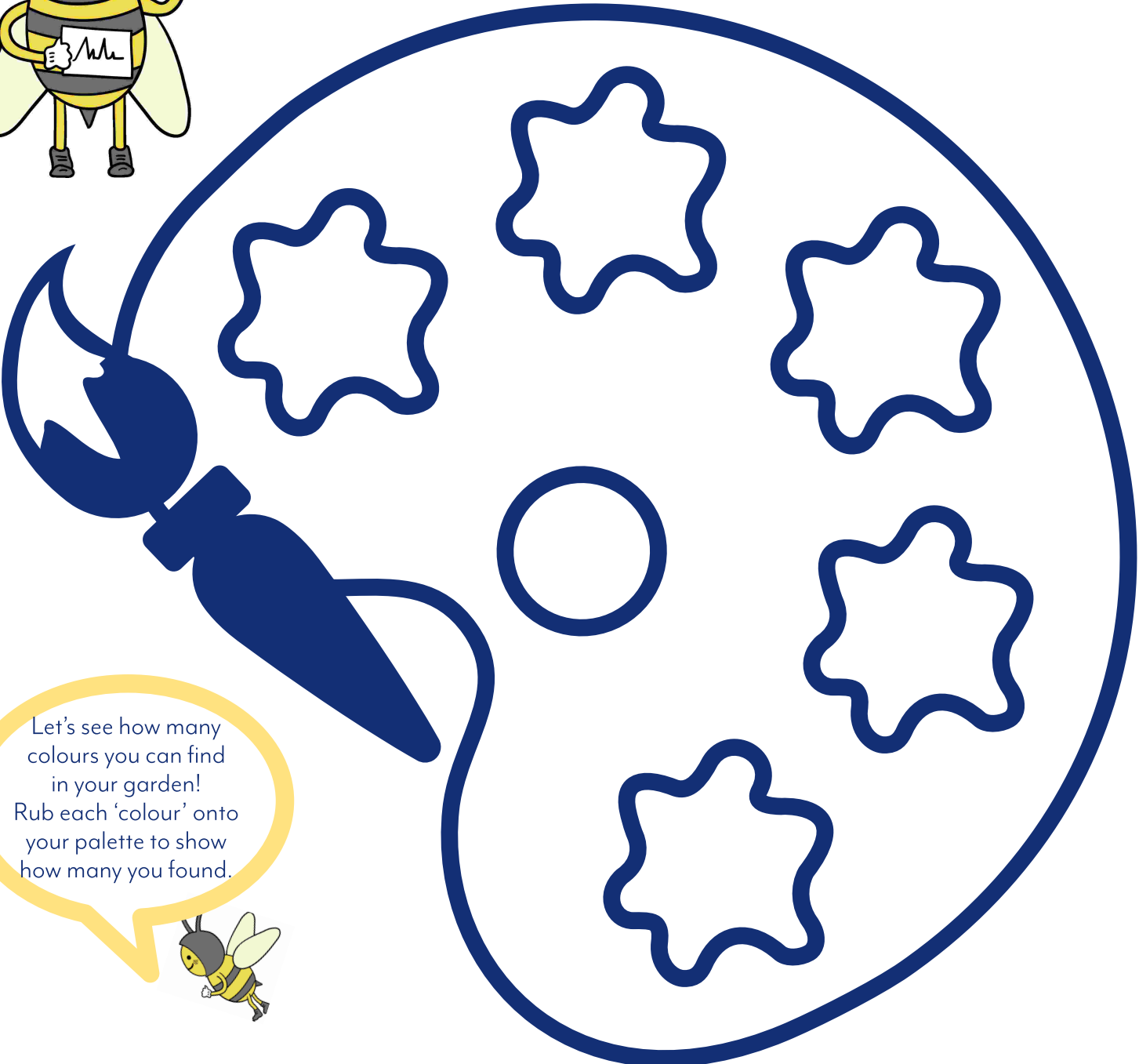
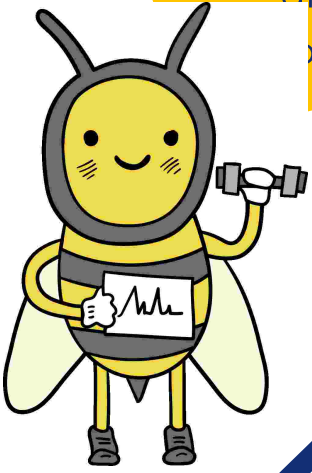
Can you find out something you have in common, that you didn't know before?



Reflection Section

Date: _____

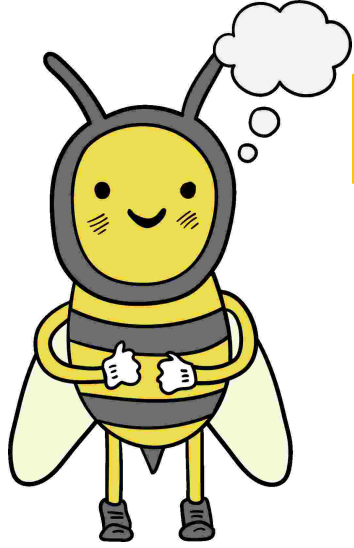
Head outside together
and find some colours
to add to your palette.



Let's see how many
colours you can find
in your garden!
Rub each 'colour' onto
your palette to show
how many you found.



Reflection Section



Tell each other the things that make each of you amazing!
Write them in the stars.

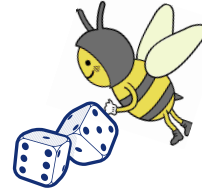
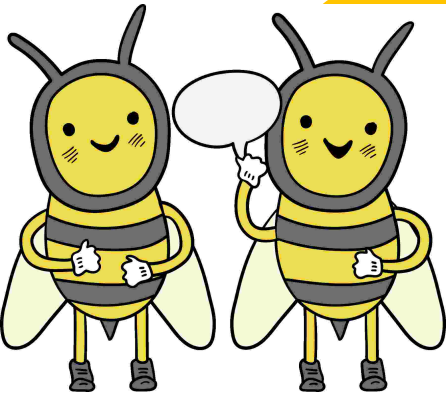
Date: _____



Reflection Section

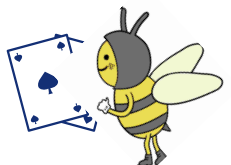
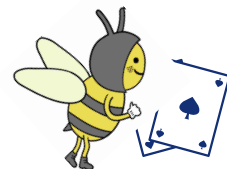
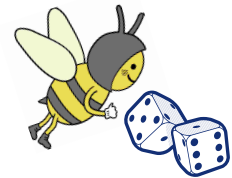
Date: _____

Can you create your own game together?
Remember, the game will need rules
so that everyone knows how to play
fairly.
Write your rules here...



How to play...

Blank lined area for writing rules.

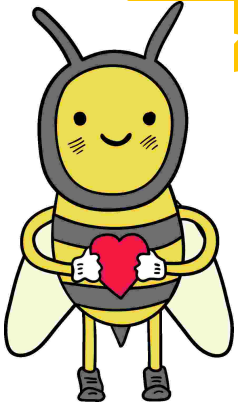


Reflection Section



Date: _____

Take a mindful moment in the outdoors.
Use your senses to focus your attention.



 We saw...

 We heard...

 We smelt...

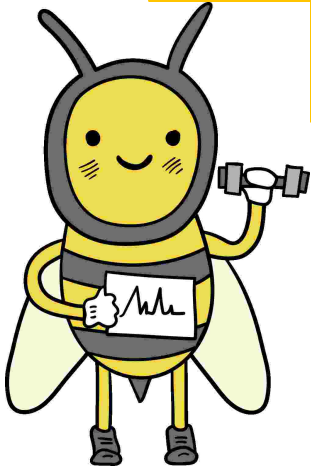
 We felt...



Reflection Section

Date: _____

Get active! Use this page to plan an obstacle course around your home and garden. Fill in the table with the results!



Balancing



Hula hooping



Name	Results

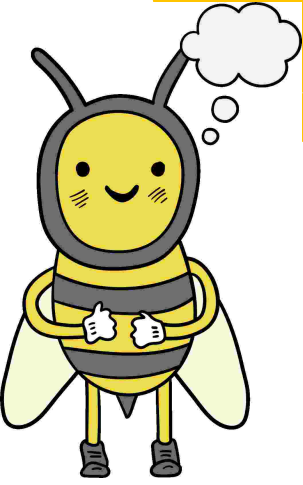
Egg and spoon



Reflection Section

Date: _____

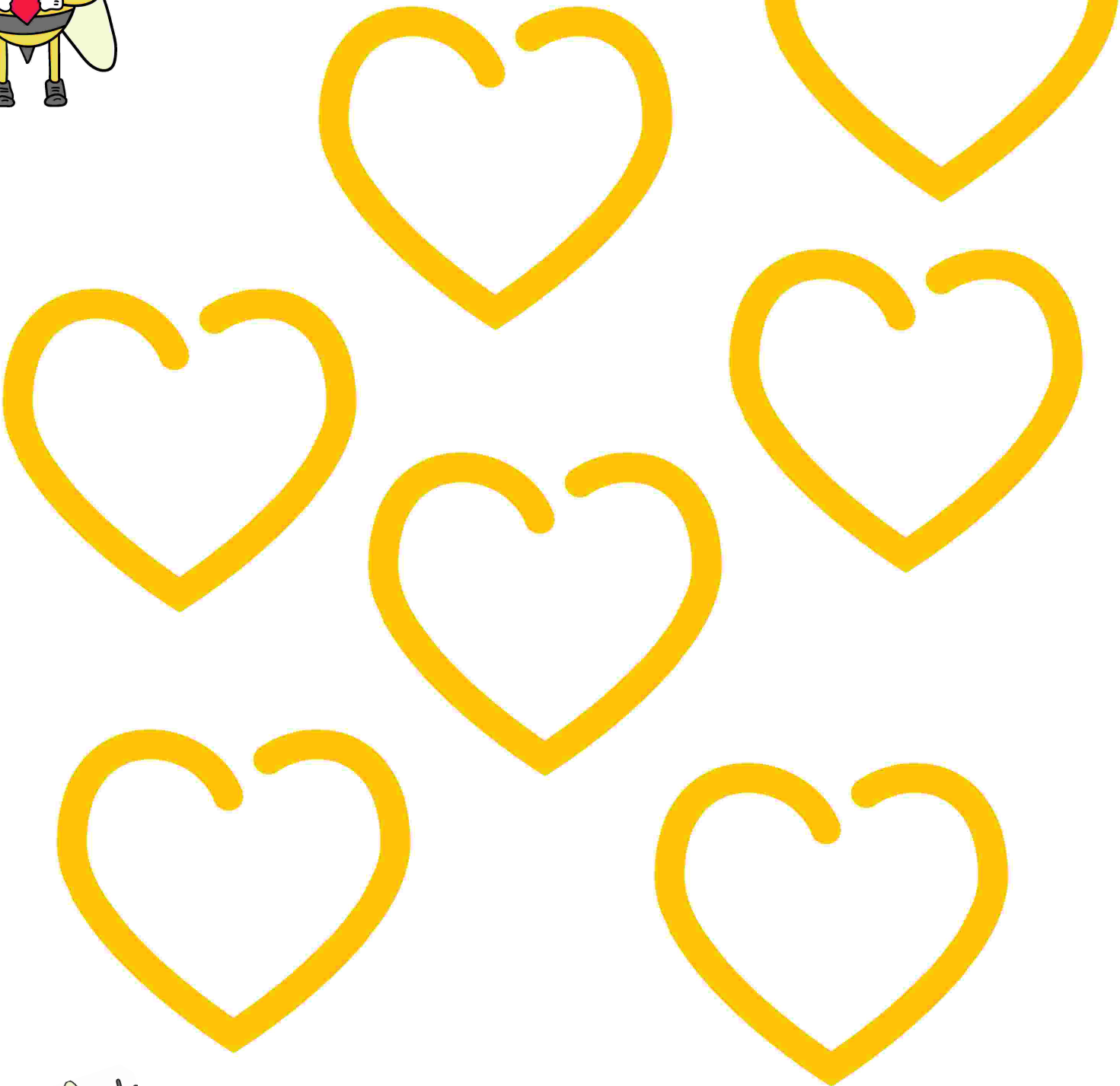
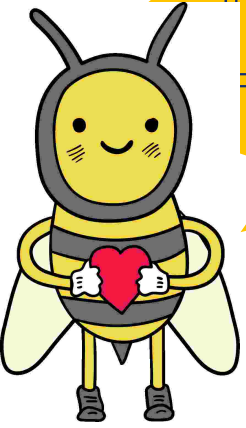
Plan some Random acts of kindness!
Small acts of kindness can have an impact
on all our lives.



Reflection Section

Date: _____

It is not happiness that brings us gratitude,
it is gratitude that brings us happiness.
Fill these hearts with the all the things you
are grateful for.



Reflection Section

A large, thick, yellow heart outline is centered on the page. The heart is formed by a single, continuous, thick yellow line. Inside the heart, the text "Copyright © Inspirational Futures 2020" is written in a dark blue, sans-serif font.

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