





So if problems come your way,
at home, or sport or school,
think about them calmly,
try to relax – stay cool!

Self-reflection

Read page 40

Read and discuss problems that you have come across during the lockdown.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Think about what you can do
to help make problems right.
Use kind words to express your feelings
and things will be alright.

Self-reflection

Read page 41

When have you had to say sorry?

Did you mean it?

Did you know that sorry means – I am going to try and NOT do the same thing again?



Learn to be a giver,
show yourself at your best.
If you learn to think of others,
you'll be happier than the rest.

Self-reflection

[Read page 42](#)

Think/reflect on how you can be a better giver/or help others.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Yum!

Yum!

Yum!



You could give a fancy present,
like those you buy from shops.
But a gift that comes from within your heart
will make them think you're tops!

Self-reflection

Read page 43

Discuss what it means “it comes from my heart”. Can you make a gift that comes from your heart?

[illegible]

Create a Kindness Jar

Kindness Jar 1 - Your acts of kindness

On the flip side, have a Kindness Jar filled with a variety of acts of kindness. Think of all the MJR examples! Everyone can pick one out each day and follow through with it. Take some time at the end of the day reflecting on how it felt carrying out the act.



Kindness Jar 2 - Acts of kindness from other people

Simply add a pebble, block, or something similar every time you see or hear about acts of kindness.



Self-evaluation Grid

This is a great way to check in with how you are feeling. Get an adult to help you with this exercise.

The self-evaluation grid contains 26 questions. Rate your answers against each question by writing in the number — from 1 to 5 — that best describes your answer.

For instance, if you know that you never organise yourself for the day ahead, you would add the **number 1** to that box, or if you always organise yourself the night before, then add the **number 5** to the box - yes, you are totally smashing it!

When you finish filling in your grid, count up all the number 1 questions and add that score in the box opposite. Then do the same for the rest of the numbers. These answers will help give you an overall idea of how you are currently feeling and reacting to the world around you.

If you like, you can also colour in the squares of the grid with the different colours of the answer box to easily graph how you are feeling. Too many answer '1's? Maybe you could rethink your attitude or ask an adult for help to turn your negative feelings around.

Answer Options Score Here

1	
2	
3	
4	
5	

Answer Options

- 1** = Not at all
- 2** = Sometimes, when someone makes me
- 3** = Sometimes, when I think about it
- 4** = Yes, but I could do better
- 5** = Yes, totally smashing it!

Doing jobs cheerfully	Preparing for the day	My attitude	How happy I feel
I participated in all activities (even though I didn't want to sometimes)	Saying OK – with a smile – when asked to do something	Listening to others	Response during this difficult time
Working as a team member e.g. with family	Making positive comments	Making new friends	Trying something different
Bringing others into activities	Co-operating with adults	Appreciation of Nature during this time	Respecting dignity of others
Sharing personal feelings	Accepting Jesus into my life	Taking the initiative	Learning new things
Seeing myself as a leader	Learning new things about myself	Volunteering for jobs	Saying Good Morning and Good Night to people
Building up someone by my comments	Making 'It' happen – something good!	Self-evaluation Grid	

Journal Time

My evaluation of how I think I did (or am still doing) during lockdown at home...

[illegible]