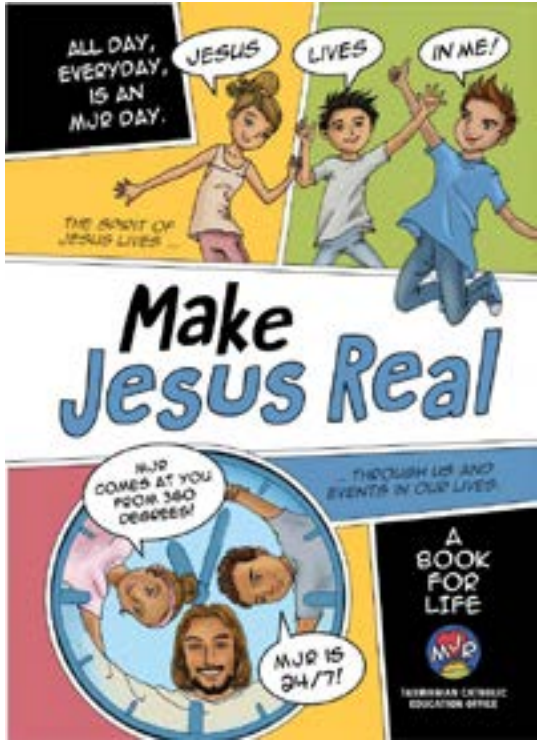
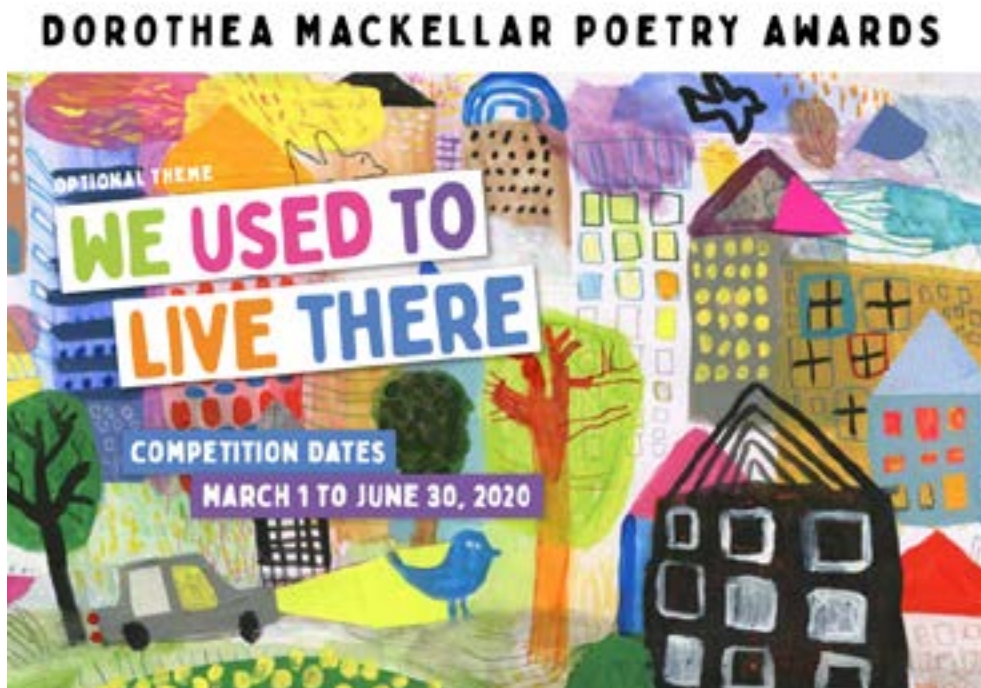


SELF-REFLECTION



# The Write Stuff!

Use this time to write about your experiences. The following are two National Competitions you might like to enter!




[Dorothy MacKeller's Poetry Awards](https://www.dorothea.com.au/How-to-Enter-awards)

<https://www.dorothea.com.au/How-to-Enter-awards>



Home :: AWARENESS :: Australian Young Writers - Creative Writing 2020

 [Australian Young Writers - Creative Writing 2020](https://www.mhfa.org.au/CMS/australian-young-writers---creative-writing-2020)

[National Young Writers](https://www.mhfa.org.au/CMS/australian-young-writers---creative-writing-2020)

<https://www.mhfa.org.au/CMS/australian-young-writers---creative-writing-2020>

Write a GRATITUDE LETTER to someone who has done great things for you:

a) during this lockdown time

b) in your life time (for example, your parents, step-parents, grandparents, teacher, oach etc.)

You will be very surprised at how good it will make them feel and the positive feeling it creates in you.

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## Prayer Table

As a family, design and make a prayer table. Make the prayer table a seasonal one, such as an Autumn theme, OR decorate it with your own prayers.

A simple but meaningful prayer might be that each morning you can offer your day in the Spirit of Jesus by saying this prayer from Mitch:

*Jesus, today I  
offer you my work,  
play, joys,  
laughs and  
disappointments.  
Amen*

# Identify the strategies you can use to become your courageous-self

Make a list of things that make you anxious and work through them one at a time by talking to someone at home about them.

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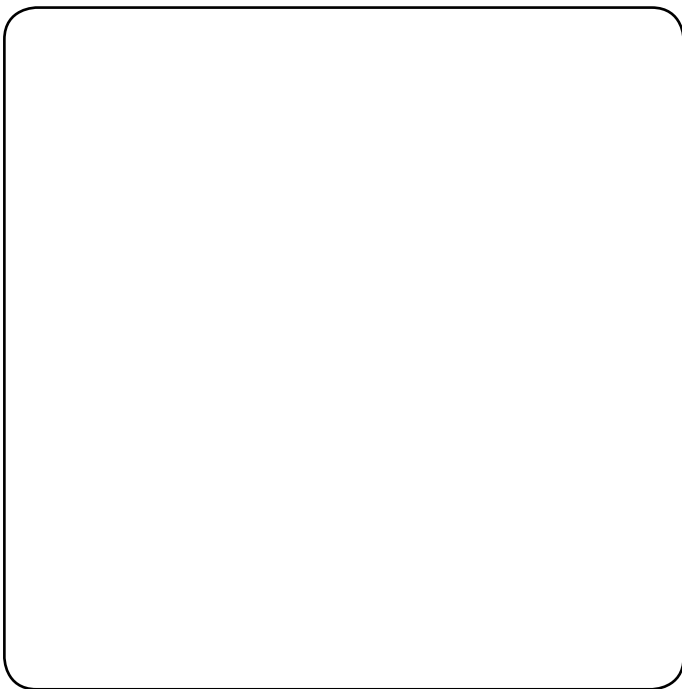
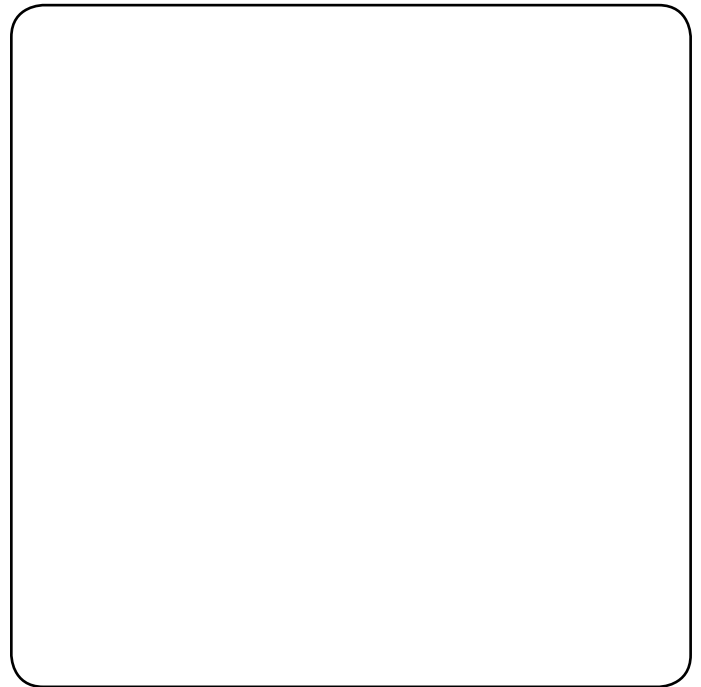
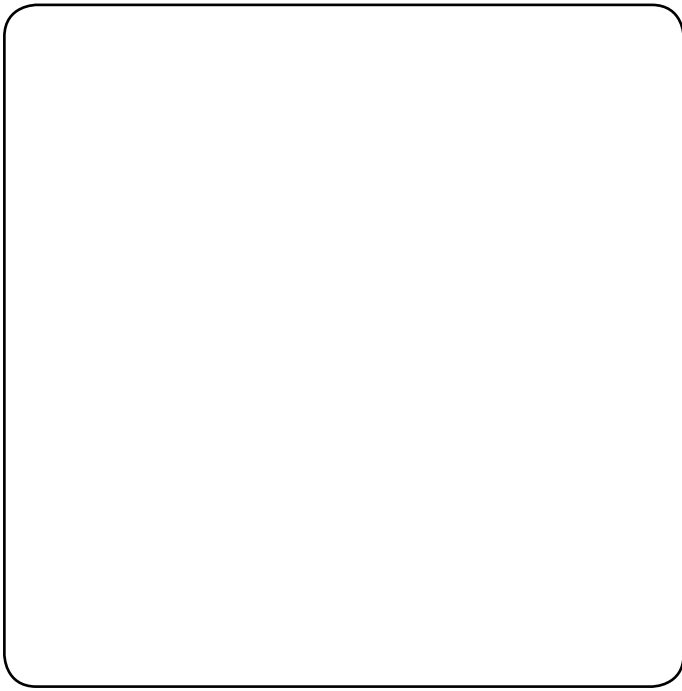
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from Matthew Holary, Holy Rosary, Tasmania

Draw ways to overcome or cope with the things that make you anxious.



# Create a Kindness Jar

## Kindness Jar 1 - Your acts of kindness

1. Write down on some ideas for acts of kindness that you can carry out on separate pieces of paper.
2. Fold each strip of paper and place into your jar.
3. Decide how often you want to dip into the jar to pull out an act of kindness – daily would be great – and make sure you stick to your plan.



## Kindness Jar 2 - Acts of kindness from other people

Every day you are surrounded by acts of kindness, but you may not always notice them.

1. Try to take notice when you receive an act of kindness from someone. Write it down and pop it into the Kindness Jar.
2. Each night – if you haven't already added to your jar that day – take a moment to think about any acts of kindness from your family, your friends, teacher or others.



# Self-evaluation Grid

*This is a great way to check in with how you are feeling.*

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!	<b>Self-evaluation Grid</b>	



