

Here are a great activities from the 'Spirit of Jesus' journal!

Getting the most out of your day,
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id=prompt.306b2e52-6003-4585-
a120-0e97353b8d09](https://app.seesaw.me/pages/shared_activity?share_token=K23iS-bGCRKa0oVnONV4ZYg&prompt_id=prompt.306b2e52-6003-4585-a120-0e97353b8d09)

from Catherine Midson, Holy Rosary, Tasmania

DO YOU REFLECT ON YOUR DAY?

If you want to develop a positive attitude and get 'switched on' then take a minute to step back throughout the day.

At dinner or when you are in bed, think back over your day and reflect. Ask yourself the question, "Where did I see the spirit of Jesus today?"

It is exciting to think back over your day to celebrate the great things and people in our lives everyday.

Mum showed the spirit of Jesus when

.....

Dad showed the spirit of Jesus when

.....



My teachers showed the spirit of Jesus when

.....

My friends showed the spirit of Jesus when

.....

..... (name) showed the spirit of Jesus when

.....

WHAT SORT OF PERSON DO YOU WANT TO BE?

Give in easily

Moan and groan

Take poor options

Always complain

Look for the bad in people and situations



kind

tolerant

understanding

helpful

giver

humble

patient



REFLECT ON YOUR DAY. WAS THE SPIRIT OF JESUS IN YOU?

You have a choice. You can be a negative person or a positive person.

1. Circle 5 negative qualities that you *don't* want to have. Add 2 more.
2. Circle 5 positive qualities that you *want* to have. Add 2 more.

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	

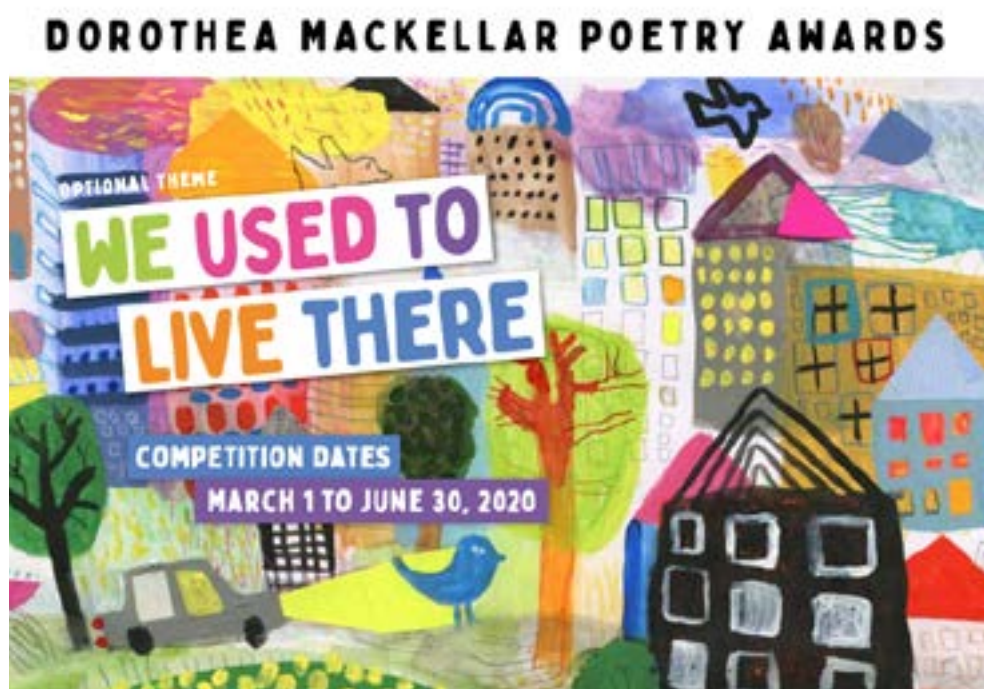
Answer Options

- 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!	Self-evaluation Grid	

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>



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 **Australian Young Writers - Creative Writing 2020**

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

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