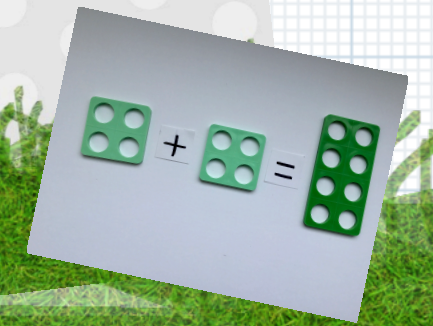
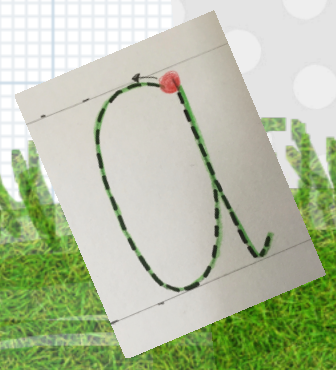




calm
energised
grateful
happy
challenged
loved



MS ROSSVOLL'S REFLECTIVE DIARY

Methick School
Spring Home Learning HWB Grid 1

Health and Wellbeing	
Spicy	Hot
Journal Entry – How do you feel about school being closed this week?	
Paragraph Starter I didn't have to get dressed for school this week instead I _____ because _____ This feels _____ I wonder _____	Journal Reflection Starters Please remember your journal is for you. It can be very helpful to take time to think and write about your feelings when there is a significant change in your life. This week has been very different. Take time to write about what you are feeling and why you think you are feeling like that. Can you compare this experience to anything similar? You could write about how this significant change is affecting your family. On reflection – write about what you might do differently or hope to do next week.
Mindfulness – Colouring and Doodling Johanna Basford is a very successful Aberdeenshire artist. She has shared some images for you to download and colour . The hare is amazing. Take a look and download a design to colour in. If you can't print maybe you could photograph on a device and mark up to colour in.	Look closely at how Johanna has used flowers, leaves and ferns to create the hare. Can you create a mindfulness design of a spring creature for others to colour in? You could photograph your design and share this with your teacher via Glow from your document store.

Grow Respect Experience Achieve Together

THE CHALLENGE

THIS WEEK I HAVE FELT

alone
worried
angry
sad

afraid
confused
lonely
overwhelme

calm
energised
happy
challenged
grateful
loved



I THINK I AM FEELING SO MANY DIFFERENT EMOTIONS
BECAUSE...

I'm stuck at home
the internet is too slow
I haven't experienced a 'lockdown' before

everything has changed so quickly
I am looking at screens all day
I miss the children I teach.

I can't sit beside my mum to simply have a cup of tea.
we are social distancing
globally so many are suffering

DESPITE ALL THE WORRY, CHANGE AND UNKNOWN I HAVE ALSO EXPERIENCED
HAPPINESS, HILARITY AND MOMENTS OF FOCUS AND CALM BECAUSE...

I have laughed, cried and shared daft moments with friends
I have baked bread and awesome cake
I have collected and explored outdoors.
I have lit candles and sat by the fire

I have made contact with P1 through SeeSaw
I have attempted daft dance routines
I have stroked Thumper.

My children are happy and safe helping on the farm.
I have been creative and focused when in flow



NEXT WEEK I
WILL TRY TO...

pace myself

light an outdoor fire
and make damper
bread

remain calm when
frustrated

knit bunting

send my mum
flowers

make things
more simple

have a tea break
sitting on the office
steps

be patient

go for a walk
each day