

BIG LIFE BOOST

PREP - GRADE 2



M

Mindfulness
colour in



T

 I felt proud of myself when..

Finish the sentence and write about something that has made you proud of yourself.

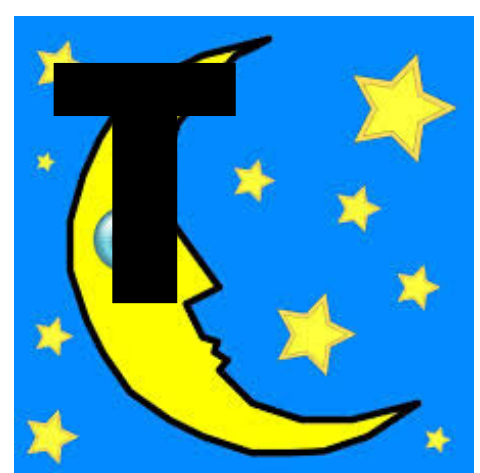


W

Draw a picture of how you were
kind to someone this week



Watch this clip on colouring your world with kindness
by scanning the QR code .



What have you seen this week that was beautiful or extraordinary?

F

Can you pat your head
and rub your tummy
at the same time?

OR

Can you get your
tongue to touch your
nose without using
your hands?

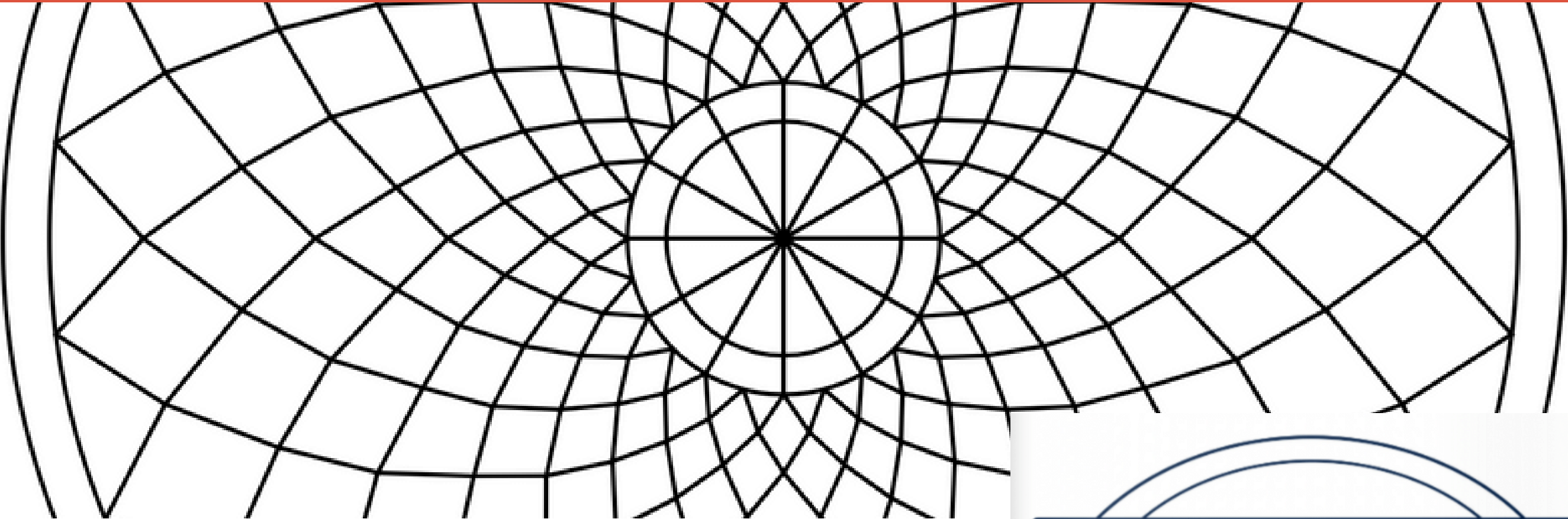


BIG LIFE BOOST PREP-2



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Fill someone's bucket
with kindness...

T

Last week you played Kindness Bingo - this week it's your chance
to come up with your own ways to be kind.
List 10 ways you can be kind to people in your family.



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Visual by Institute of Positive Education

W



Create an Awe Journal.

Begin writing or drawing things that you find that are beautiful or extraordinary in
your day. It could be a rainbow, a beautiful flower, clouds forming shapes, the smell
of freshly cooked food or cookies, a happy moment between two people.

T

GRATITUDE COLLAGE:
noun - "the quality of being thankful"

Use old
magazines/photos - to
make your own collage
of all the things you are
grateful for in your life.

Gratitude can help us to
feel positive, connect with
others and help us bounce
back when things are
tough.

Scan the QR code to
watch Kid President talk
about gratitude :)



F

