

BIG LIFE BOOST

PREP - GRADE 2



M Move & Freeze

Get your wiggles out by trying this fun brain break OR put on some of your own music and dance like crazy!



T Draw a picture of what you are looking forward to when you return to school.



W WHAT CAN YOU SEE?



Go outside and look up at the sky.
Can you see the clouds? Notice what shapes the clouds are making.
Can you see shapes of animals or rocket ships?
You might see even see a rainbow...

T WHAT ARE 3 THINGS YOU HAVE HAD FUN DOING WHILST YOU HAVE BEEN AT HOME?

F Balloon breathing

Imagine you have a balloon.
Pretend to blow up your balloon using big slow breaths.
Try blowing up your balloon 3 times.



BIG LIFE BOOST PREP-2

GRADE 3-6



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Making a classroom goal

Just like a footballer aims to get the ball
through the goal posts, we set **goals** in life when there
is something we are trying to learn or achieve. Everyone
has had the experience of trying hard – trying to learn
something, trying to behave well, trying to solve a problem.
SOON we are returning to school, can you think of how you might
contribute positively to your classroom so that your peers feel safe &
happy?

I will help my friends feel safe &
happy in the classroom by...

W Write or draw 3 ways a family member
or teacher has helped you whilst you
have been remote learning.

Strengths

Find the words...



We can't get through the day
without using our personal
strengths. These are the
strengths that help us cope
with life's challenges and be the
best versions of our selves. We
call these 'character strengths'
or 'personal strengths' because
they make us who we are and
we use them in our personal &
social lives.

BRAVE
CURIOS
DETERMINED
FAIR
FORGIVING
FUNNY
GENEROUS
HARDWORKING
HONEST
KIND
LEADERSHIP
SELF-CONTROL

N	M	Q	S	V	S	V	V	M	P	N	Q	O	P	F
P	C	K	G	J	F	H	Y	L	A	U	Z	I	D	E
L	O	R	T	N	O	C	F	L	E	S	H	C	N	D
U	X	U	Q	B	I	H	M	D	P	S	G	U	I	E
V	J	E	X	Z	O	K	T	P	R	D	C	R	K	N
F	G	N	D	N	A	E	R	E	X	X	G	I	J	I
Y	C	W	E	W	K	G	D	O	Y	Z	P	O	S	M
A	Y	S	R	G	N	A	E	J	W	N	Z	S	U	R
U	T	B	N	K	E	N	O	N	B	D	N	X	Y	E
W	X	J	S	L	J	F	N	R	E	K	R	U	B	T
E	F	O	R	G	I	V	I	N	G	R	S	A	F	E
E	V	A	R	B	U	A	B	V	Y	U	O	G	H	D
W	D	K	F	W	F	T	Y	M	N	S	R	U	Y	L
G	K	Q	X	O	R	O	D	B	X	A	P	K	S	Y
Z	R	M	W	V	O	W	Y	H	J	E	Y	Q	O	D