

Wellbeing

Activities

2020

Shaftesbury School

Year 7 Transition

Wellbeing
activities
for the summer



What will I find in this booklet?



This booklet is designed to give you different, fun activities that you can do at home, focusing on positive thoughts. We have all been working hard with homeschool but as we transition into the secondary school we also want to make sure we are looking after ourselves both physically and mentally. Hopefully these activities will be enjoyable and something you can do on your own or with your family.



IMAGINATION
is the air of
MIND.

PHILIP JAMES BAILEY

**Go outside and focus on the clouds, trees, or breeze.
Close your eyes and lift yourself out of your own feet.
Let your thoughts wander on their own.**

How do you feel? Write or draw about it here.

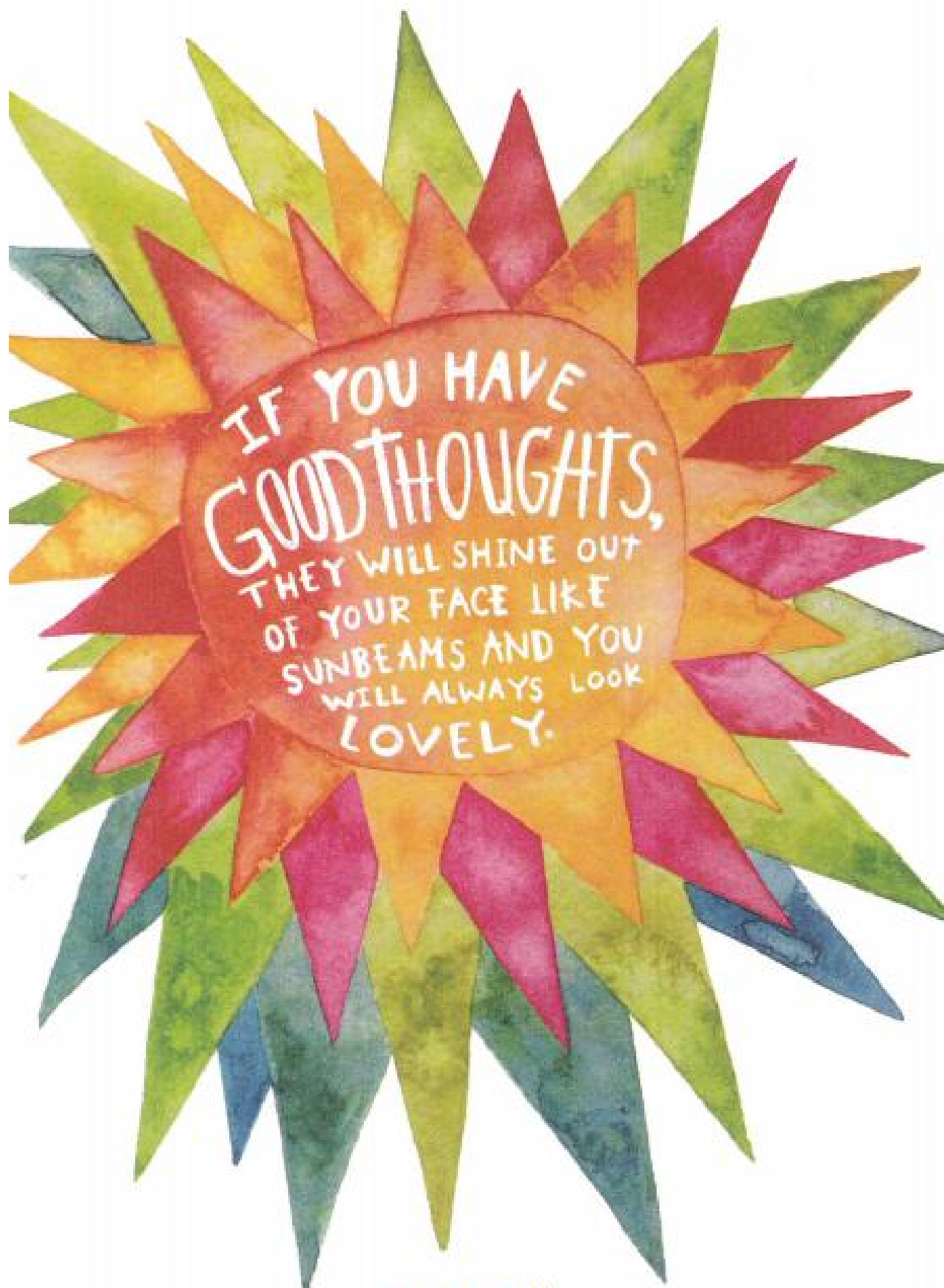


no one
has ever
become
poor by
giving.

ANNE FRANK

**Think of something you recently gave someone.
DRAW IT HERE.**

(Note: this does not have to be an actual object it could be an act of kindness.)



IF YOU HAVE
GOOD THOUGHTS,
THEY WILL SHINE OUT
OF YOUR FACE LIKE
SUNBEAMS AND YOU
WILL ALWAYS LOOK
LOVELY.

ROALD DAHL

What are three thoughts that made you smile today?

The background of the image consists of three horizontal, overlapping watercolor washes. The top wash is a vibrant red, the middle is a bright green, and the bottom is a deep blue. The edges of the washes are soft and blended, creating a painterly effect. The text is overlaid on these washes in a white, hand-drawn font.

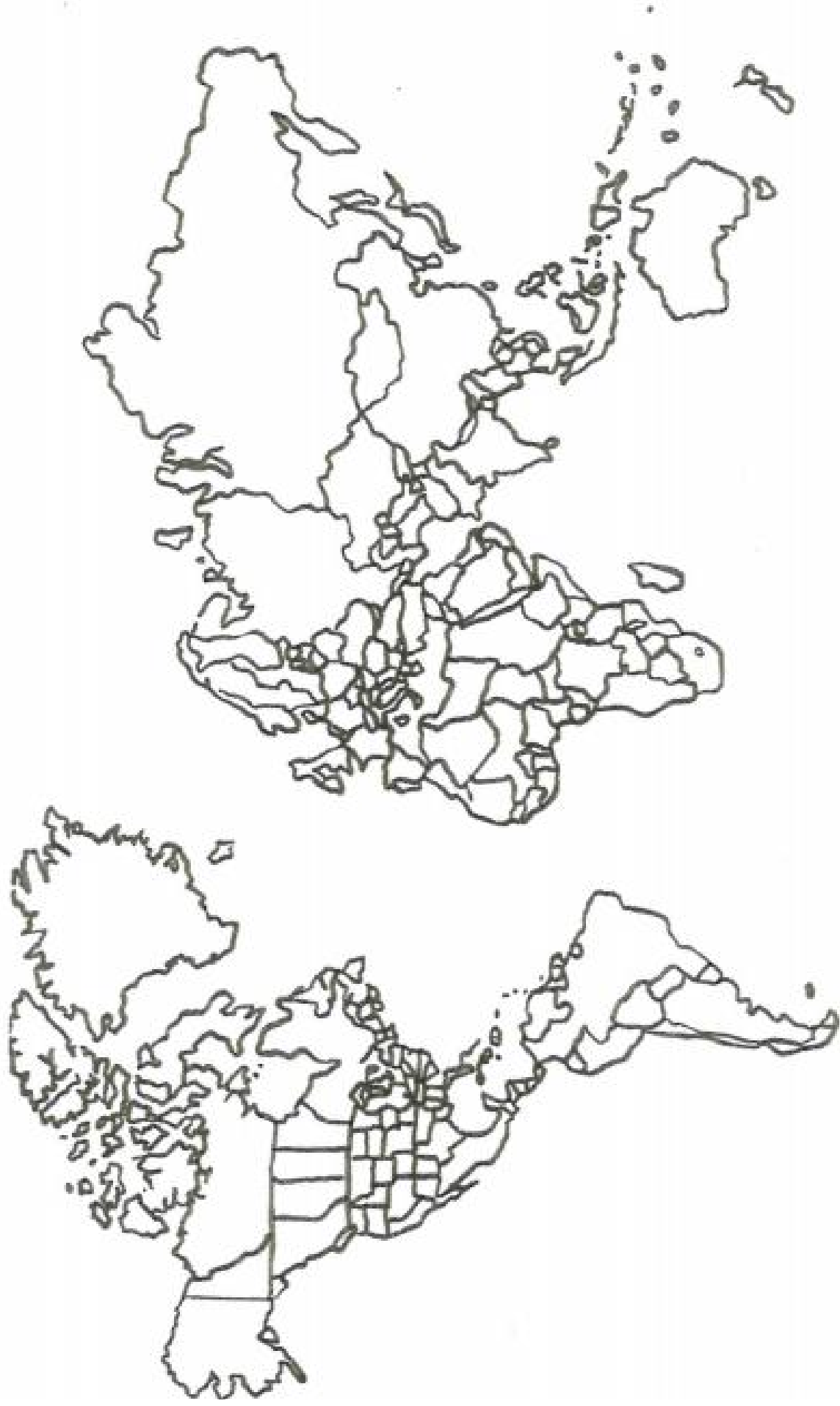
LIVE IN THE
SUNSHINE

SWIM IN
THE SEA

DRINK THE
WILD AIR.

RALPH WALDO EMERSON

Colour in this world map with the ten places you plan to visit.



Remember, you can go anywhere you like.

leaves

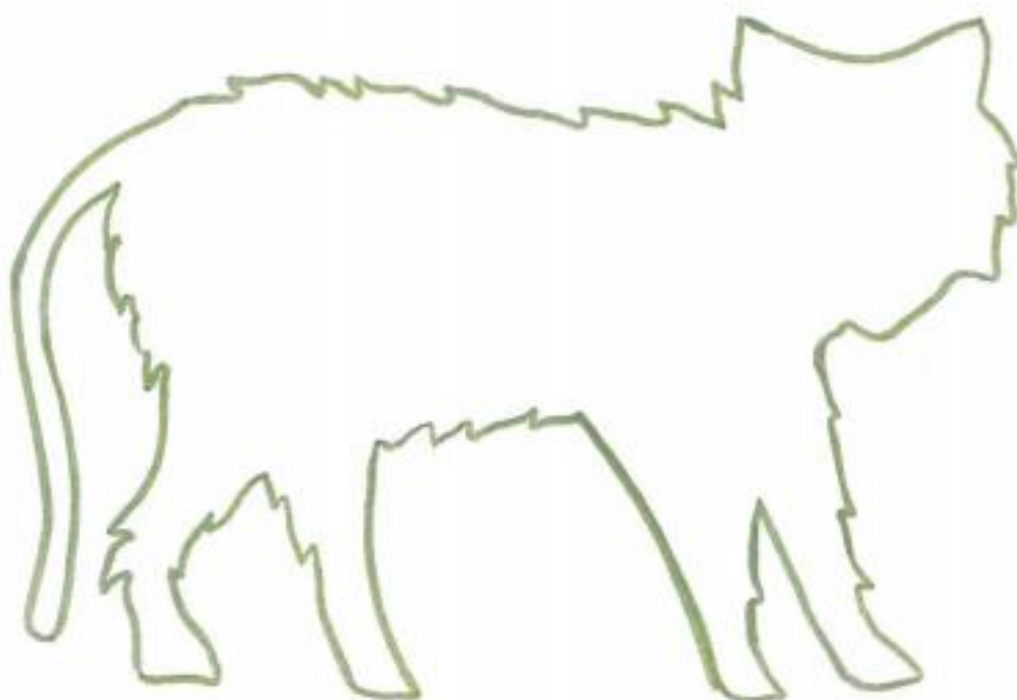
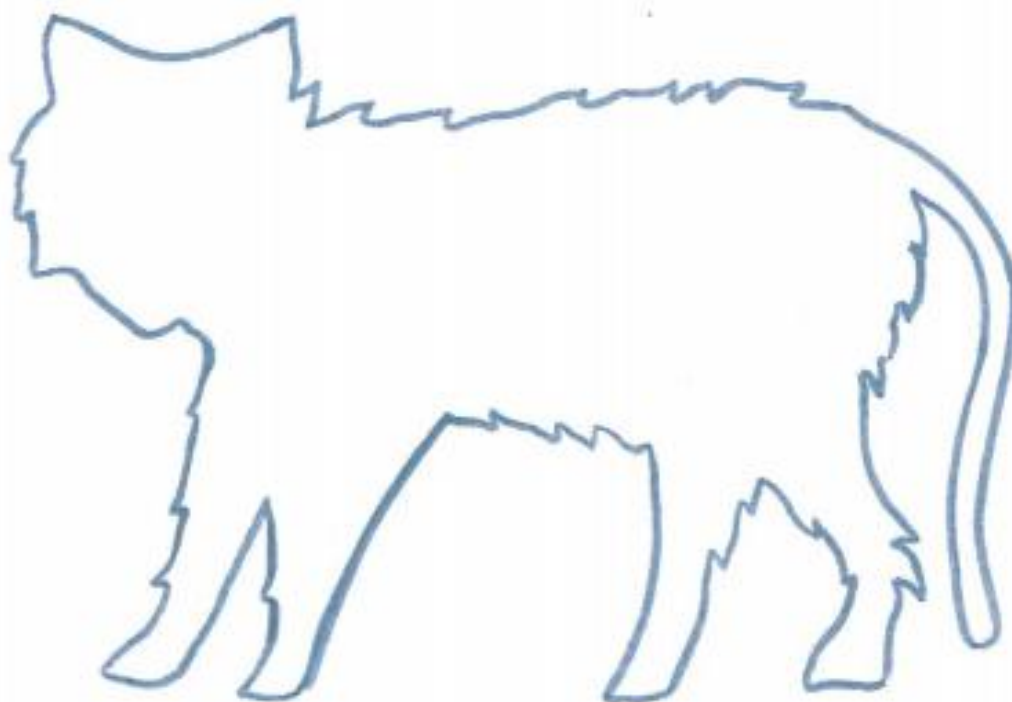
are



Paper Tigers.

AMELIA EARHART

Fill these tiger outlines with three of your biggest fears, then colour them in until you can't see the fear anymore.



NO NEED TO
HURRY,
NO NEED TO
SPARKLE,
NO NEED TO
BE ANYONE BUT
ONESELF.

VIRGINIA WOOLF



Things I want to be.



Why I want to be them.

The only
person you are
destined to
become is the
person you
decide to
be.

RALPH WALDO EMERSON

**List three things about yourself you'd like others to see
in you.**

I'M A GREAT BELIEVER

in luck

& I FIND THE HARDER

I WORK,

the more I

have of it.

THOMAS JEFFERSON



Things I need luck for.



Ways to get them without luck.

BE YOURSELF.

EVERYONE



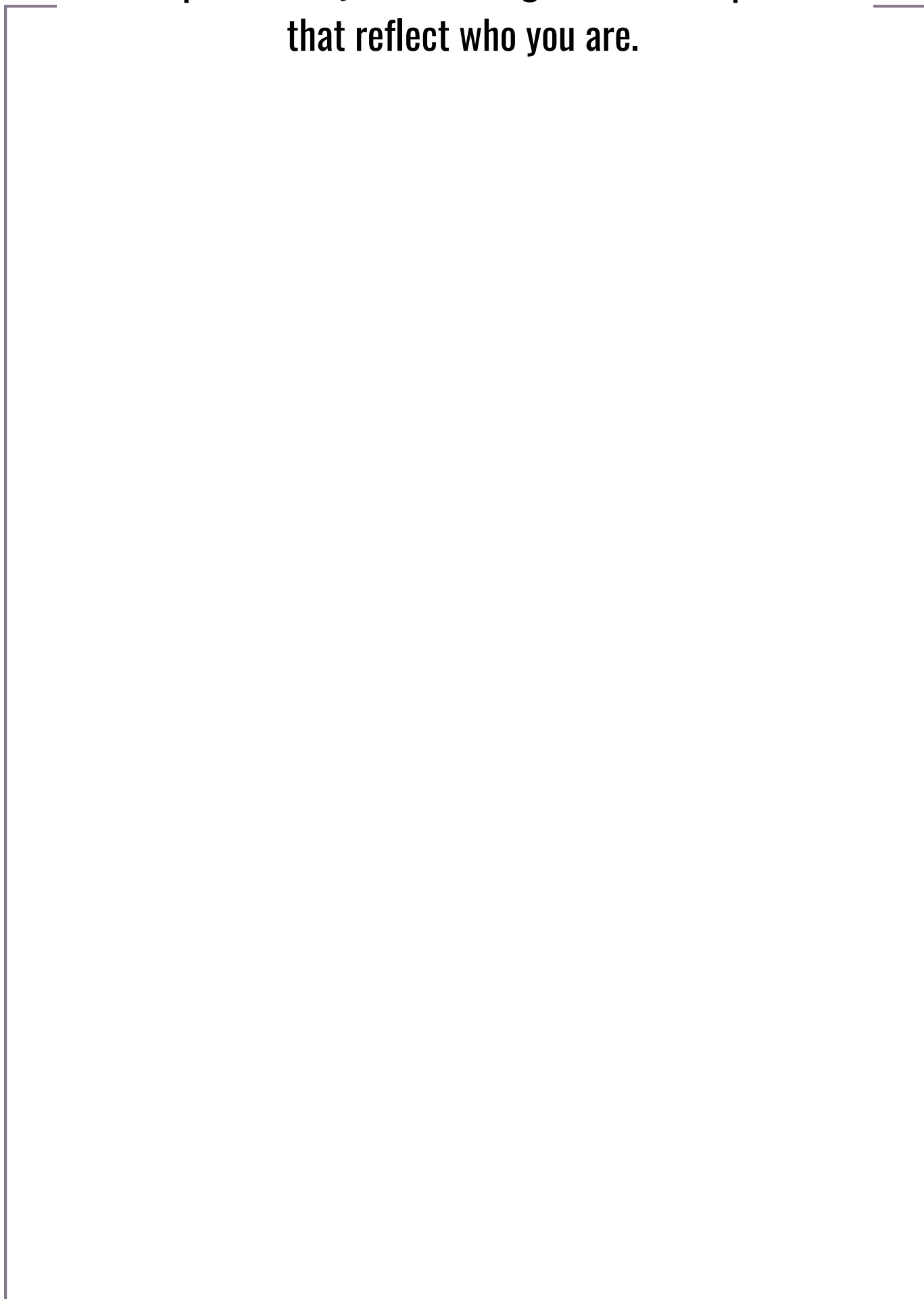
ELSE

IS ALREADY

TAKEN.

oscar wilde

Draw a portrait of yourself using colours and patterns that reflect who you are.





be silly.

BE HONEST.

be kind.

RALPH WALDO EMERSON

Complete the following table of wellbeing activities. Tick each one off as you go. Remember to have fun.



**Complete over 5000
steps in one day**



Play a board game



**Drink only water
for a day.**



**Watch your favourite
film.**



Bake something.



**Spend an
evening
listening to your
favourite music.**



**Go for a bike
ride/walk with a
family member.**



Have a screen free day.



Have a dance off.

See you in September.

Shaftesbury School
Salisbury Rd,
Shaftesbury
SP7 8ER

01747 854498