

personal

<p>Choose a responsibility to maintain every day at home this week.</p> <p>Perhaps you could help wash dishes or be responsible for asking how everyone is doing.</p>	<p>What is your personal care routine each day? (Brush teeth, shower, hair, exercise, 5 a day)</p> <p>Why is it important that we take care of our mind, body and health?</p> <p>Can you make your routine into a poster?</p>	<p>What cause are you compassionate about?</p> <p>How can you encourage others to understand your compassion?</p>
<p>Choose someone in your family home to create a card for.</p> <p>The card can be with a message of anything positive to brighten their day.</p>	<p>What 5 things makes you magnificent?</p> <p>Can you create a self-celebration poster?</p>	<p>Watch a movie together as a family.</p>
<p>When was the last time you said please and thank you?</p> <p>Reflect at the end of every day this week.</p> <p>Can you do better the next day?</p> <p>Do you need to offer some feedback to anyone in your family about their manners?</p>	<p>Because you have time to build and reflect ask you family to join you in a family chat.</p> <p>Be prepared to ask for something that they feel you can improve about yourself.</p> <p>But for every recommendation they must give 2 things that are really great about you.</p> <p>Take this in turns for everyone in the chat.</p>	<p>Spend some time as a family being creative! E.g.</p> <ul style="list-style-type: none"> ✓ Decorate some pebbles ✓ Design your own foods ✓ Use random objects to design some 'Wallpaper' sheets ✓ Create a Lego village ✓ Take it in turns to add an image to a family art piece. ✓ Invent your own team game ✓ Play hide and seek ✓ Make a 'Den' in your home ✓ Make a 'music band' with objects in your home. ✓ Make some sensory bottles ✓ Create an indoor treasure hunt. ✓ Put on a fashion show!