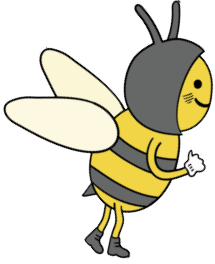
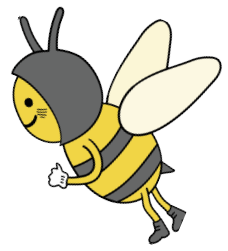
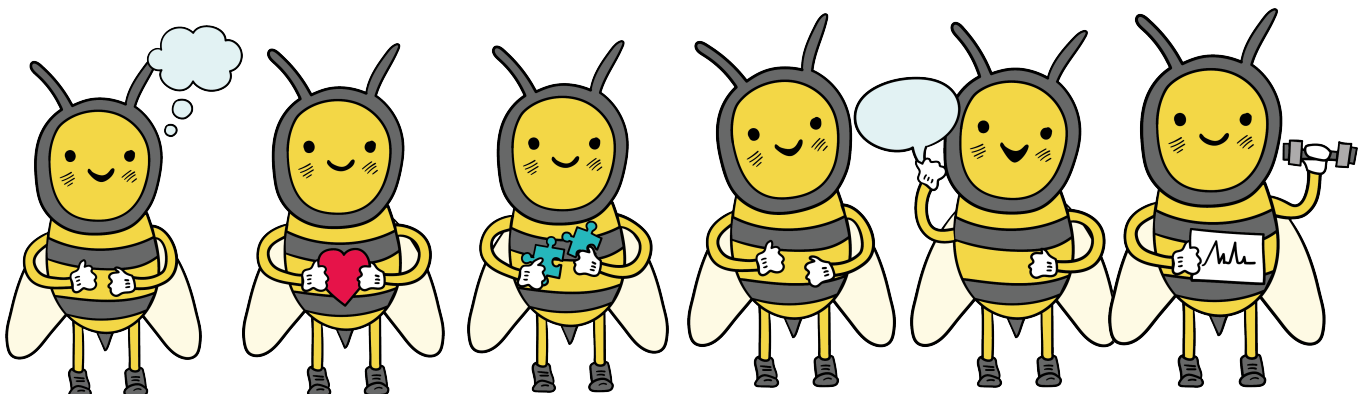


Inspirational Futures



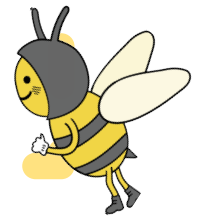
Our Family Well-being Diary



Our names are...

A large rectangular area defined by a dashed yellow border, intended for drawing.

Add a drawing of everyone here!



Today's date is...

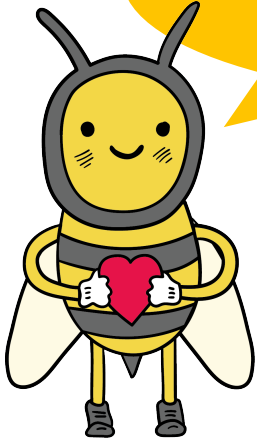
We live at...

The weather is...

Date: _____



Draw around each person's hand here and label them!



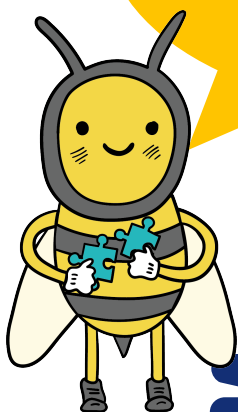
Did something great/funny/memorable happen today? Jot it down here!

Reflection Section



Date: _____

Phones, letters and video calls are all great ways to stay in touch. Who are the people you plan to connect with?



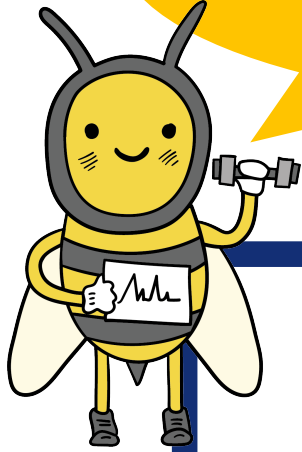
	1. A key worker we know



Reflection Section

Date: _____

Here's an active bingo! Can you all complete each activity? Don't mark the square until everyone has completed it!



30
star jumps

1 minute
running on
the spot

Dance
to your
favourite
song

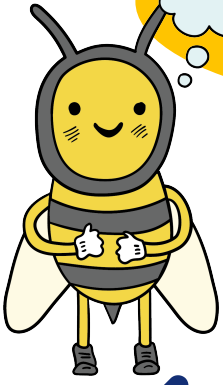
Learn a
new yoga
position



Reflection Section

Date: _____

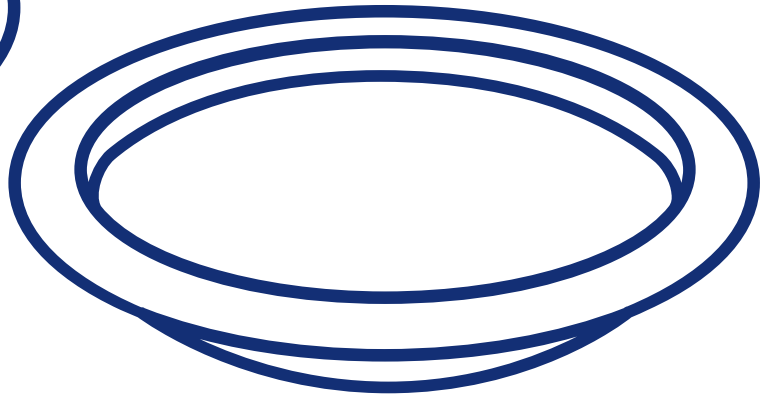
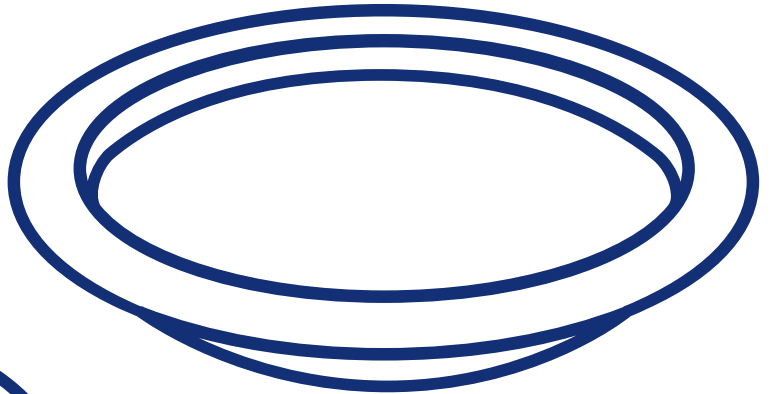
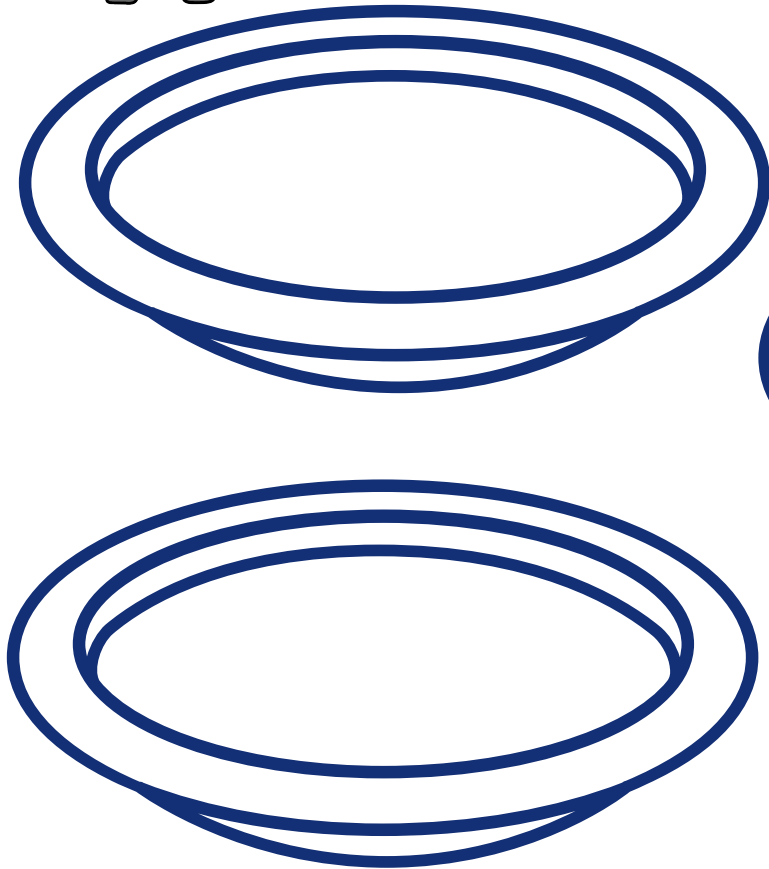
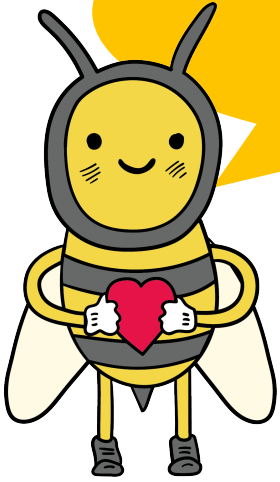
What responsibilities do you each have at home/ locally/globally?



Reflection Section

Date: _____

Draw your favourite foods on these plates. Then imagine it when you try your new breathing technique.



Imagine you've just taken something tasty out of the oven, like cookies!

As you slowly breathe in, smell that delicious food! It's hot, so you have to blow on it to cool it down.

As you slowly breathe out, imagine you are blowing on your favourite food to cool it down.



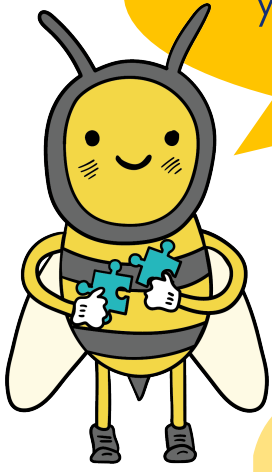
Print this page twice if you need extra plates!



Reflection Section

Date: _____

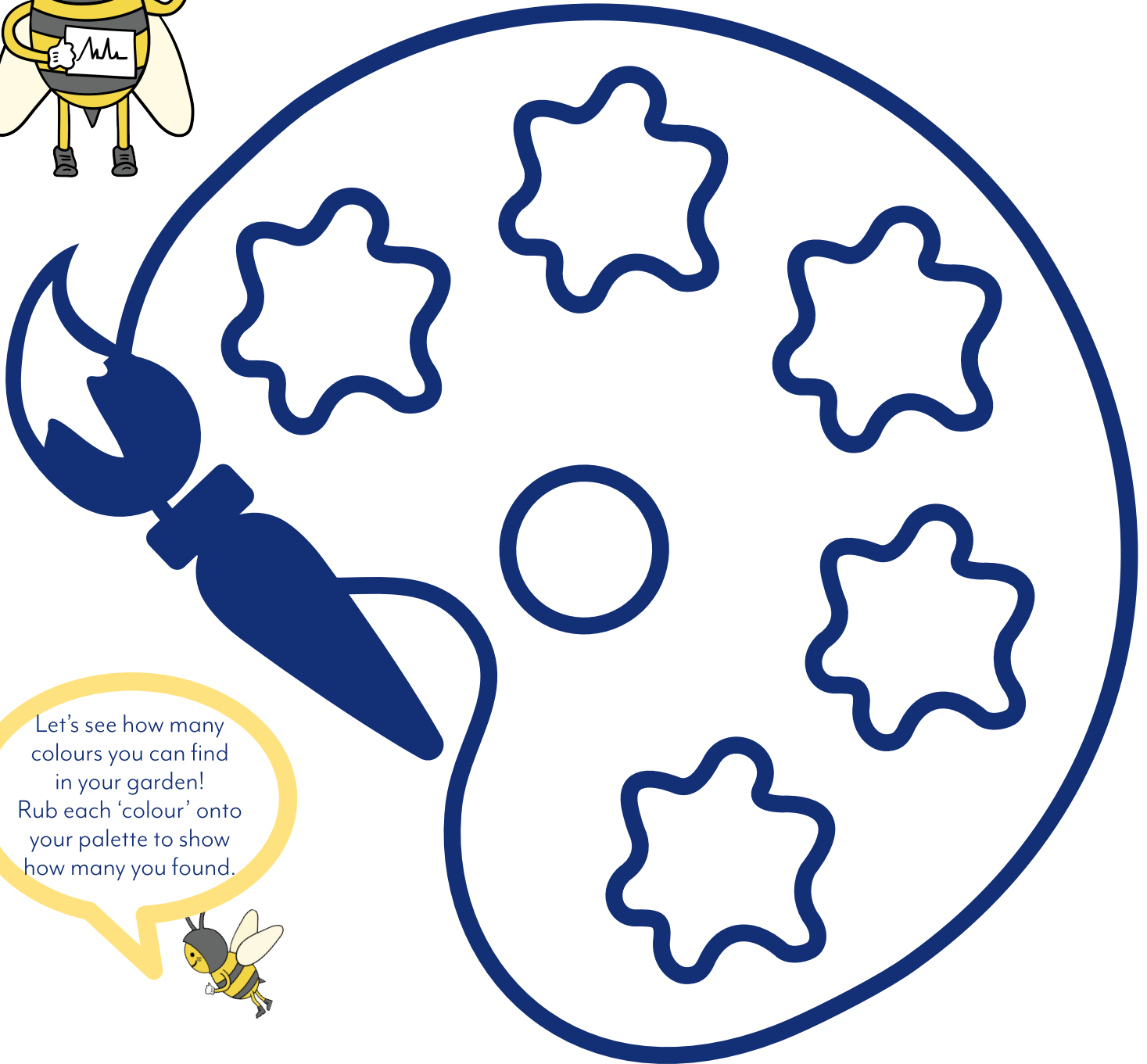
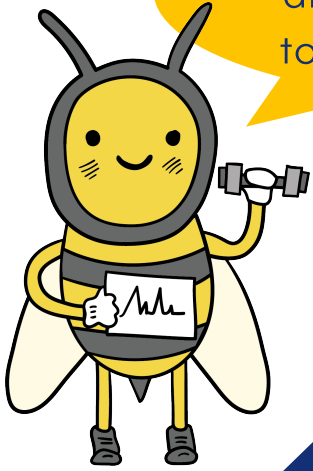
Can you find out something you have in common, that you didn't know before?



Reflection Section

Date: _____

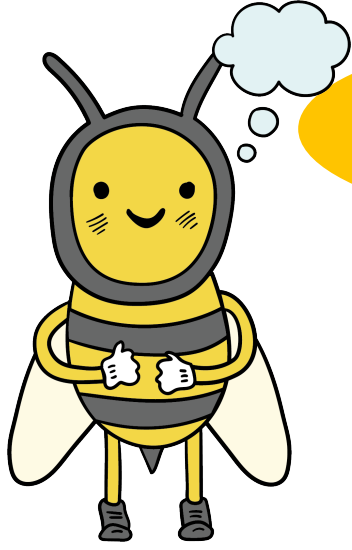
Head outside together
and find some colours
to add to your palette.



Let's see how many
colours you can find
in your garden!
Rub each 'colour' onto
your palette to show
how many you found.



Reflection Section



Tell each other the things that make each of you amazing!
Write them in the stars.

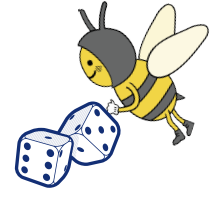
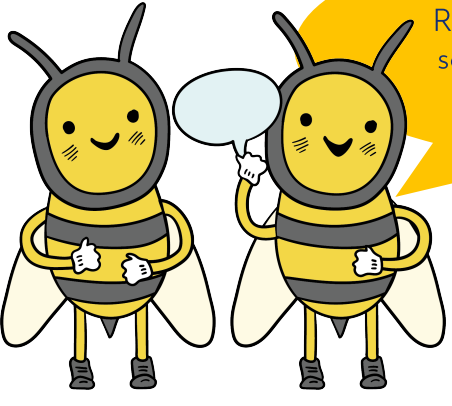
Date: _____



Reflection Section

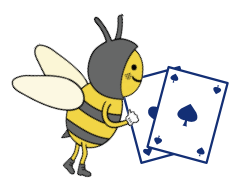
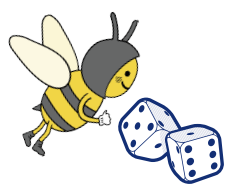
Date: _____

Can you create your own game together?
Remember, the game will need rules
so that everyone knows how to play
fairly.
Write your rules here...

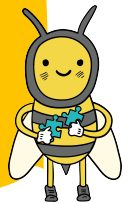


How to play...

Blank lined area for writing rules.

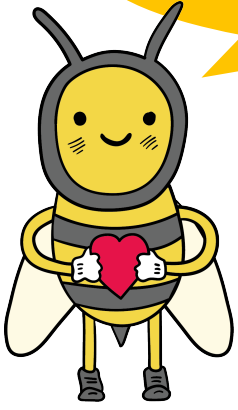


Reflection Section



Date: _____

Take a mindful moment in the outdoors.
Use your senses to focus your attention.



 We saw...

 We heard...

 We smelt...

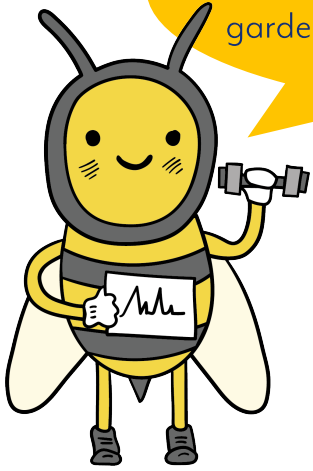
 We felt...



Reflection Section

Date: _____

Get active! Use this page to plan an obstacle course around your home and garden. Fill in the table with the results!



Balancing



Hula
hooping



Name	Results

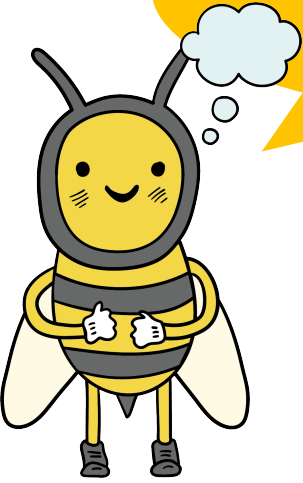
Egg and
spoon



Reflection Section

Date: _____

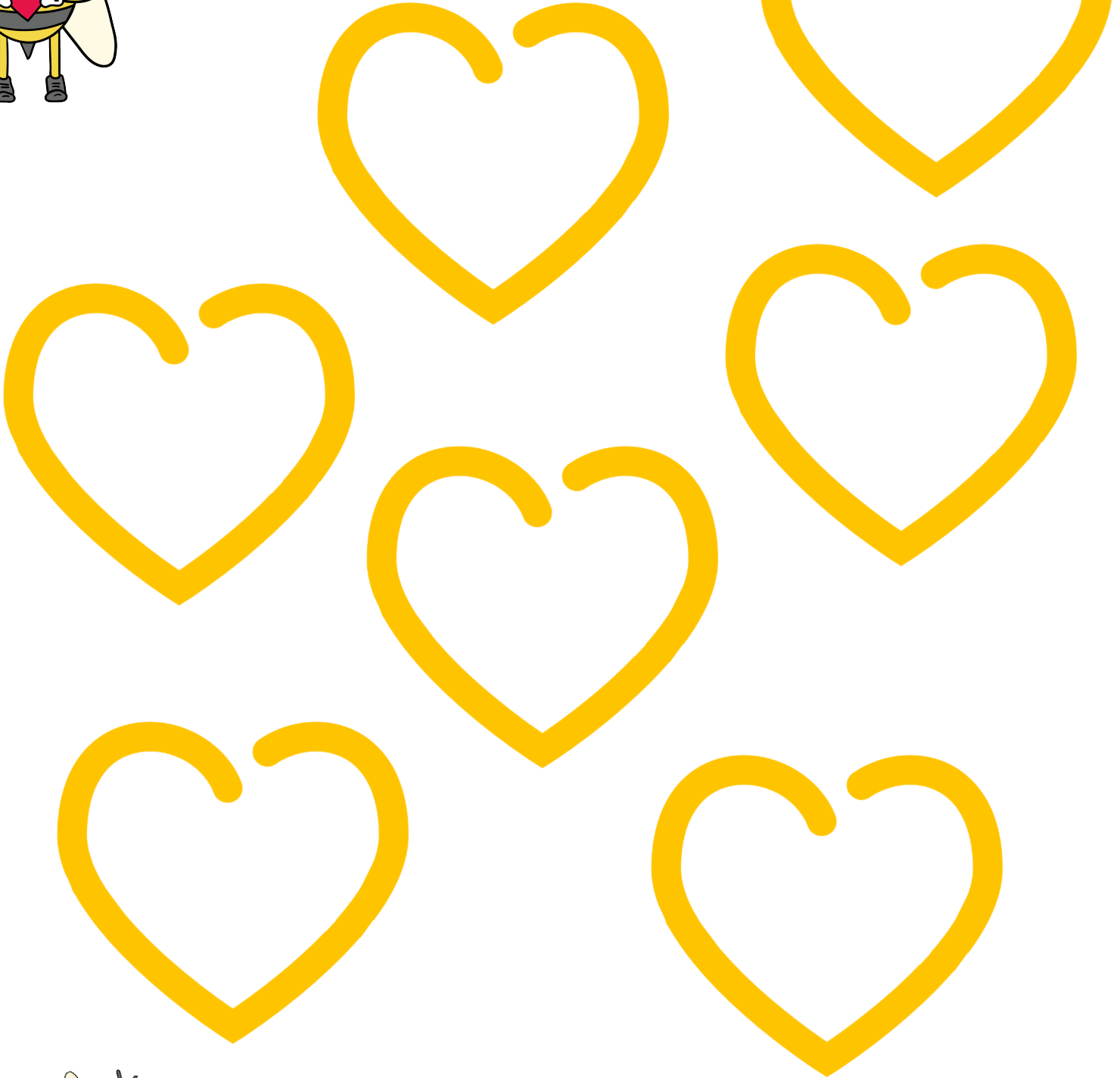
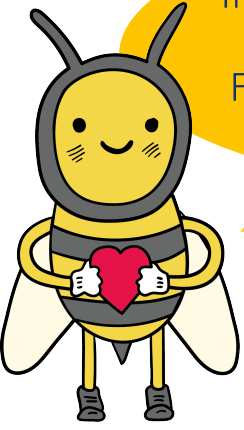
Plan some Random acts of kindness!
Small acts of kindness can have an impact
on all our lives.



Reflection Section

Date: _____

It is not happiness that brings us gratitude,
it is gratitude that brings us happiness.
Fill these hearts with the all the things you
are grateful for.



Reflection Section



Copyright © Inspirational Futures 2020