

A large, hand-drawn blue spiral border that frames the central text, resembling the edge of a spiral notebook.

MY 2020 STAY AT HOME BOOKLET

Name: _____

MAKE A TIME CAPSULE

We're currently living in a moment in time which will be talked about for years to come. Capture the period in time where you stayed safe at home with your loved ones and create a time capsule for you to open in the future.

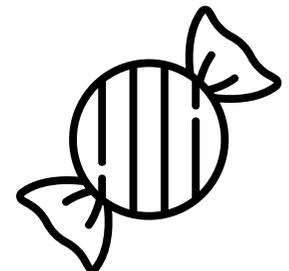
Before you start, you will need to find a strong, watertight container (something that will not biodegrade) which is big enough for your items. Once you have gathered all of your chosen time capsule treasures, you will be able to place them all in your container before sealing. You could even wrap your box and decorate (if hiding indoors) or seal safely if you choose to bury in the garden. Remember we want to protect your history! Make sure you date your time capsule with a date you would like to open it.

Can you find any of the following things for your time capsule? You can also add your own too!

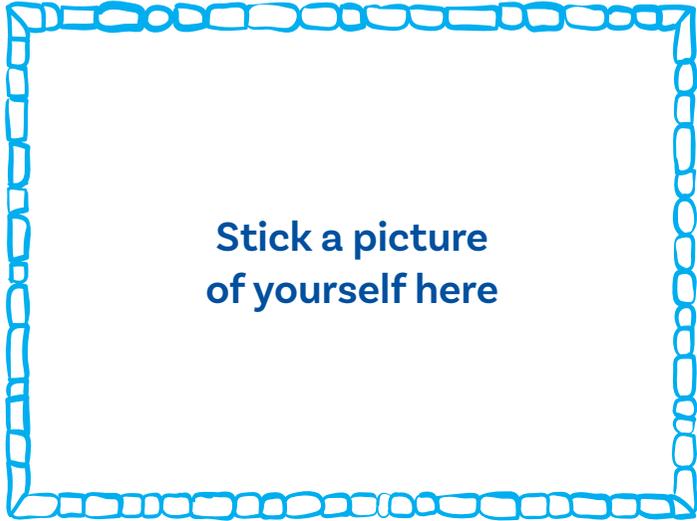
- Some photos from this time
- A journal of your days
- Local newspaper pages or clippings
- Any artwork you've created
- Family/pet pictures
- Small items

Draw a picture of the people you are social distancing with here.

Every time you complete a task on a page, colour in the Everton Toffee. How many Everton Toffees can you collect?



ALL ABOUT ME



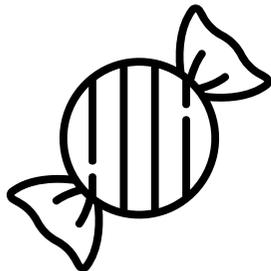
My name is _____.

I am _____ years

The date today is _____.

I am _____ cm tall.

I have size _____ feet.



My Favourites

Colour: _____

Animal: _____

Food: _____

Drink: _____

Subject: _____

Movie: _____

Book: _____

Activity: _____

Place: _____

Song: _____

Singer/Band: _____

When I'm older
I want to be:

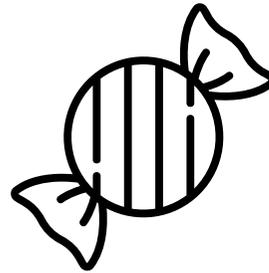
My friends
are called:



The song currently number
one in the world on the
_____ is

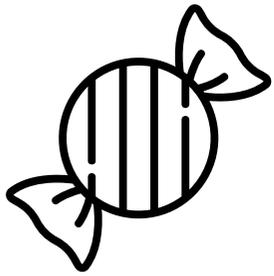
BACK IN 2020

Write an update about things that have happened so far in 2020 in the world of sport. Include as many interesting facts as you can!



From the 2019/20 Premier League season, who would be in your starting eleven? Write your formation and team on the pitch.

A large rectangular box representing a soccer pitch. It has a horizontal line across the middle and a circle in the center. There is a smaller rectangular box at the top and another at the bottom, representing the goal areas.



HOW AM I FEELING?

What am I most thankful for?

Words to describe
how I feel:

3 Things I Am Most Excited To Do
When This Is Over

1. _____
2. _____
3. _____

How My Face Looks



MY EMOJIS

We experience a lot of different feelings and emotions everyday and it's okay to feel this way.

Our feelings are linked to what happens in our brain.

- Usually, something happens (a trigger) to make our brains work in a certain way.
- A trigger could be a thought inside us or something that happens around us.
- A message is sent from the brain and causes a change in our body.
- Quite often, our actions change because of how we feel.



Pleasant Feelings

Pleasant feelings make us feel good. When we feel good, we might:

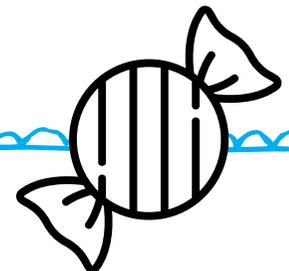
- Smile
- Laugh
- Do things that we enjoy
- Want to be around other people

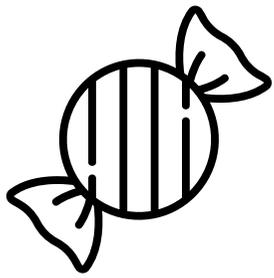


Unpleasant Feelings

Feelings that are unpleasant make us feel bad.

- Feelings of anger, fear or sadness are linked to a part of the brain called the amygdala.
- Remember, not everybody cries or reacts the same way when they feel bad.





MY EMOJI'S

Emojis	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
When I wake up							
During the morning							
During the afternoon							
During the evening							
Before I go to bed							

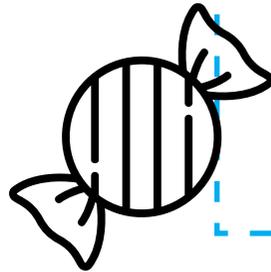
Thinking about your feelings and emotions, can you think of an emoji to illustrate how you are feeling at certain times of each day?



MY COMMUNITY



Where am I staying during this time?



How are you staying in touch with friends or family?

Have things in your local area changed? How?

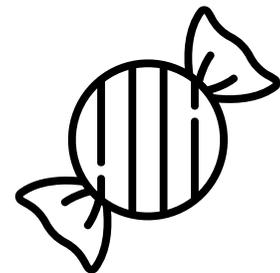


How have things changed around the world?

How are you helping others during this time?

KEEPING BUSY

Remember you're not stuck at home, you are safe at home!
Draw pictures of the things you have been doing to keep busy.



FIVE WAYS TO WELLBEING

Do you know the five ways to wellbeing? Take a look at each one below and the examples and see if you can think of any more examples for yourself.



Connect

- Connect with people around you
- Connect with friends



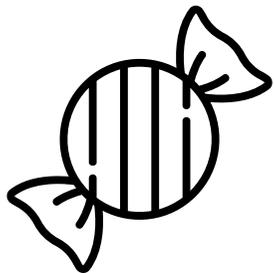
Be Active

- Keep moving
- Exercise regularly



Take Notice

- Be aware
- Reflect on your day



Keep Learning

- Be kind
- Share your positivity



Give

- Trying something new
- Challenge yourself and set goals

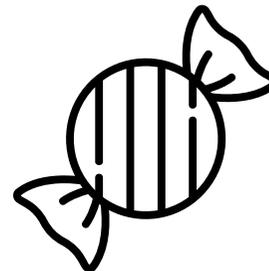
MY WEEKLY DIARY

Date: _____

Monday
Tuesday
Wednesday
Thursday
Friday

Exercise Tracker

Colour in one heart every time you do something physical!



Three new words I learnt this week:

Three people I spoke to this week:

The best game I played this week:

Something creative I did this week:

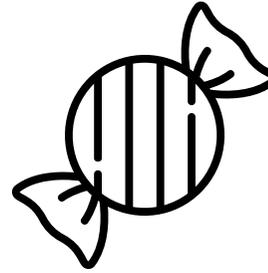
Funniest moment of the week:

What I hope to achieve next week:

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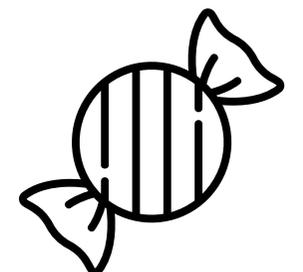
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♡
♡
♡
♡
♡



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Wednesday

Thursday

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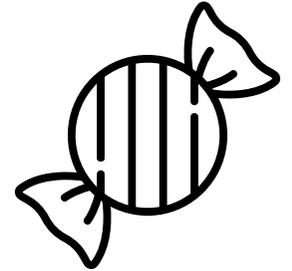
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Exercise Tracker

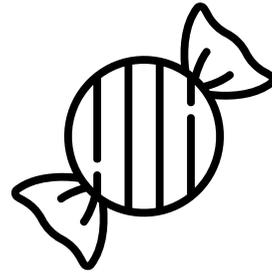
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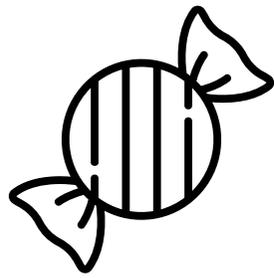
OUR HANDPRINTS



Print or draw around the hands of all the people living in your home (in different colours) and place them here! Don't forget your pets too!



INTERVIEWING A FRIEND



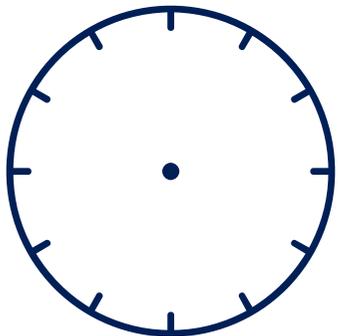
Choose a friend or family member to interview then write down their answers here:



How are you feeling?



What is your favourite time of day?



How is home schooling going?

What are you missing the most?

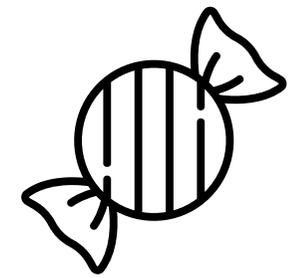
What has been the biggest change so far?

What are you grateful for?

Will you do anything differently once this is over?

What activities/hobbies have you enjoyed doing?

MOOD AND FOOD



Knowing what foods we should and shouldn't be eating can be really confusing. However, as well as affecting our physical health, what we eat may also affect the way we feel.

Improving your diet might help to:

- Improve your mood
- Give you more energy
- Help you to think more clearly

The 8 tips on mood and food:

1. Eat regularly
2. Make sure that you are getting the right fats
3. Increase your protein
4. Drink more
5. Eat a rainbow of fruit and vegetables
6. Cut down on caffeine
7. Pay attention to your gut
8. Are you intolerant?

Write or draw in the foods that you eat each day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							
How many pints of water have you drunk?							

PLEASE STAY AT HOME

