

## Activities for Smarter, Happier Kids

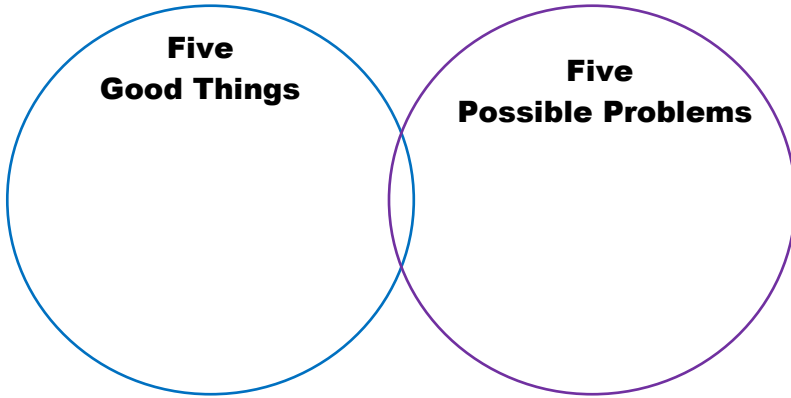
Geoff Hannan, Dweena Evans and You

### My Workbook

Name:

Age:

## Week 1 Part 4 Activity



## Challenge 1

### **My Collaboration Log**

Write down every time you work well with someone or help someone to do something.

With whom?

Doing what?

When?

Date completed:

## Challenge 2

### I used 'Go for Five'

When?

Doing what?

- 1
- 2
- 3
- 4
- 5

### I learnt

Subject:

- 1
- 2
- 3
- 4
- 5

Date completed:

## Challenge 3

**Our interview with \_\_\_\_\_**

1

2

3

4

5

6

7

8

9

10

What do think their answers will be?

Date completed:

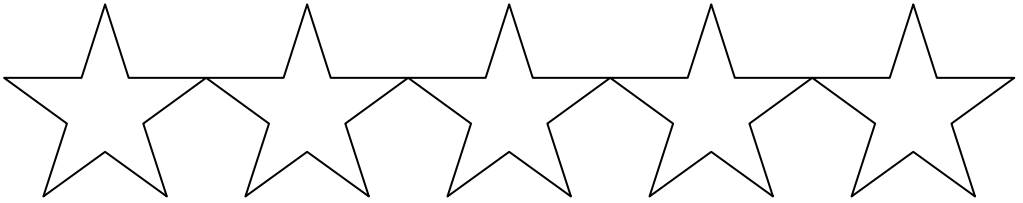
## Week 4 Activity 4

My Awards

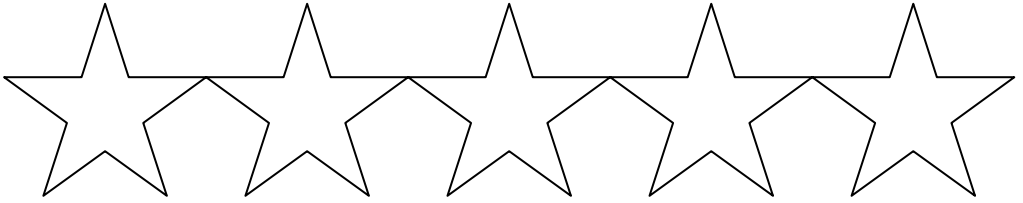
I Award Myself

Date completed:

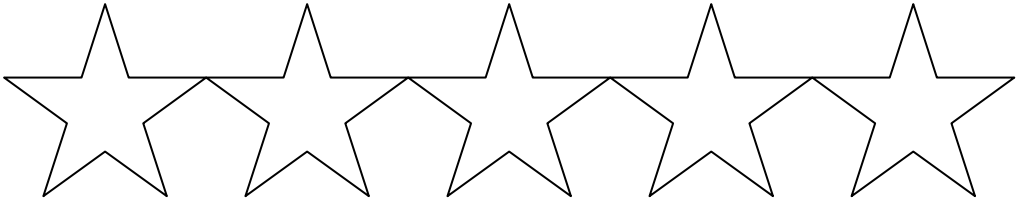
People that are important to me...



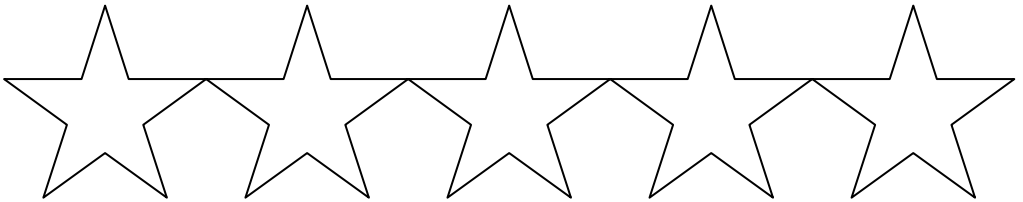
The things I like doing...



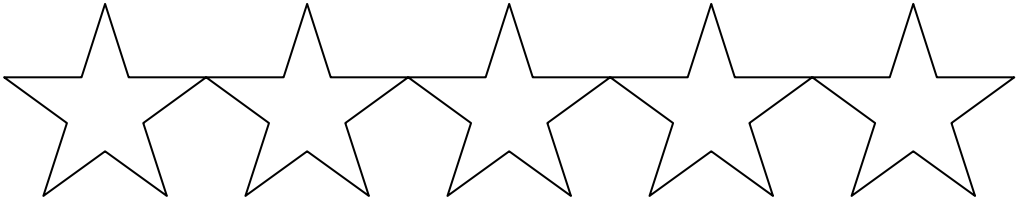
The things that I am good at...



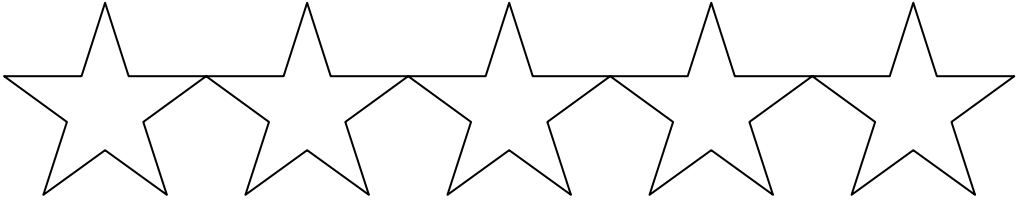
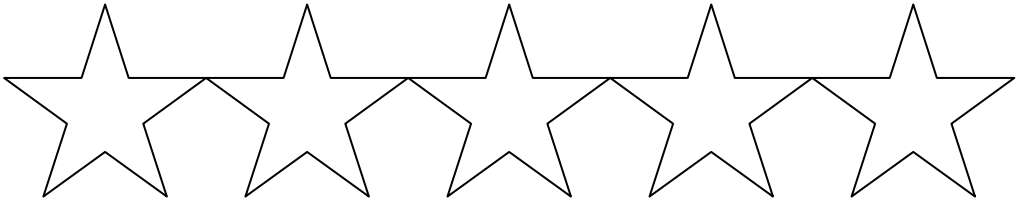
The things I am getting better at...



My values and the things that are important in my life...



The things I like about myself...



# Challenge 4

## My Success Log

## My Keep-Trying Log

Date completed:



# Challenge 5

## Target Setting

Improvement I want to make:

How I am going to do it:

(‘Go for 5’ things or 5 steps perhaps)

Possible problems I might encounter:

Ways to overcome these problems if they occur:

Date completed:

# Challenge 6

## **Collaboration**

Used when? With whom?

## **Go-for-5**

When?

## **Guess and Test**

About what?

## **Think-Plan-Do-Review**

What problem did you solve?

## **'I Can Do This'**

When did you think it?

## **What positive risk did you take?**

## **When did I successfully fail?**

Date Completed:

# Challenge 7

**Happy**  
 OK  
 Excited  
 Brave  
 Bold  
 Daring  
 Hopeful  
 (about)  
 Eager (to)  
 Keen (to)  
 Optimistic  
 Joyful  
 Confident  
 In control

**Enthusiastic**  
 Curious  
 Affectionate  
 Considerate  
 Sensitive  
 Loved  
 Inspired (by)  
 Determined  
 (to)

**Sad**  
 Tearful  
 Bored  
 Challenged  
 Rebellious  
 Upset (about)  
 Angry  
 Lousy  
 Disappointed  
 Hurt (by)  
 Concerned  
 Insecure

<b>Mind Gym Feelings Log</b>		
<b>Monday</b>	Feeling	Why?
Morning		
Afternoon		
<b>Tuesday</b>	Feeling	Why?
Morning		
Afternoon		
<b>Wednesday</b>	Feeling	Why?
Morning		
Afternoon		
<b>Thursday</b>	Feeling	Why?
Morning		
Afternoon		
<b>Friday</b>	Feeling	Why?
Morning		
Afternoon		

**Peaceful**  
 Quiet  
 Secure  
 Peaceful  
 At ease  
 Comfortable  
 Clever  
 Surprised  
 Reassured

**Unsure**  
 Confused  
 Ashamed  
 Guilty  
 In despair  
 Enraged (by)  
 Hateful (to)  
 Insecure

**Nervous**  
 Anxious  
 Worried  
 Irritated  
 Hurt (by)  
 Concerned  
 Enraged (by)  
 Hateful (to)  
 Despairing

Date  
 Completed:

# Weekly Challenge 8

Aggressive behaviours I observed

Passive behaviours I observed

Manipulative behaviours I observed

Assertive behaviours I observed

Date Completed:



# Challenge 10

## **Writing Piece Content**

Descriptive: what, when, where, who, how

Reflective: why, understandings, effects etc

Speculative: if, conclusions, evaluations, what do I think?

## **Reading Piece Content**

Descriptive: what, when, where, who, how

Reflective: why, understandings, effects etc

Speculative: if, conclusions, evaluations, what do I think?

Date Completed:



## Challenge 12

### **A Positive Self-Narrative**

Date Completed:





## Challenge 13

### Targets

What can I do more of?

What can I put more effort into?

What difficulties might I have making these improvements?

How can I overcome these difficulties?

Date Completed:

# Mind Gym **Weekly Challenge 14**

## Testing Beliefs

Date Completed:

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