

Making Learning Real and Unforgettable.

# Head Space.



## Adult Zone!

### ✦ gratitude journal ✦

**morning gratitude**  
before you begin your day, list 10 things you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**what I'm learning from my challenges**  
list three obstacles and what you're learning from them

1.  
what I'm learning:
2.  
what I'm learning:
3.  
what I'm learning:

**people I'm grateful for**  
list 5 people who made your life a little happier today. these could be friends, family or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

**the best part of my day**  
choose one moment of your day that made you happy and focus on it for 5 minutes before bed

### Positive Attitude Word Search

Y V S O P Q E E Z W C M H I Y  
 L N E E M R D J I T G O I E O  
 P J O Y L U O L C Z R D G V U  
 P A K M T F L G X M Y E H I R  
 U P M I R P D Q R F Z E E T S  
 R Z T L O A E I H E B R N I E  
 E T O W I O H V S B S F E S L  
 A V E L K C J W I C B S R O F  
 E R N O I T A V I T O M G P S  
 P O W E R F U L P J P V Y S A  
 X L J Z K G C K N E T E E G F  
 Y T I L A U Q P M O A C C R I  
 L M A T X X P Q O O C C F E Y  
 V I C T O R Y K T U X S E N R  
 W I I H X M K W S D B C R E S

ATTITUDE  
 HARMONY  
 LOVE  
 PEACE  
 POWERFUL  
 PURE  
 RECEPTIVE  
 SUCCESS  
 WILL-POWER

FREEDOM  
 HIGH-ENERGY  
 MOTIVATION  
 POSITIVE  
 PROGRESS  
 QUALITY  
 SELF-DISCOVERY  
 VICTORY  
 YOURSELF

**Trust yourself. You know more than you think you do.—**  
**Benjamin Spock.**

**Try Something New!**  
**Zen Tangle!**

Get arty without with out being artistic!

### Recommended read:

Habit stacking:  
 97 small life changes  
 that take 5 minutes  
 or less.

### Must Watch!

[Brian Tracy](#)

Brian Tracy is one of the best motivational YouTube speakers and an ultra-successful performance coach. With about 480 high-quality videos on his YouTube channel, Brian Tracy provides the greatest value on our list. His videos are about 4-5 minutes and if you want to get great value really quickly, this channel is for you

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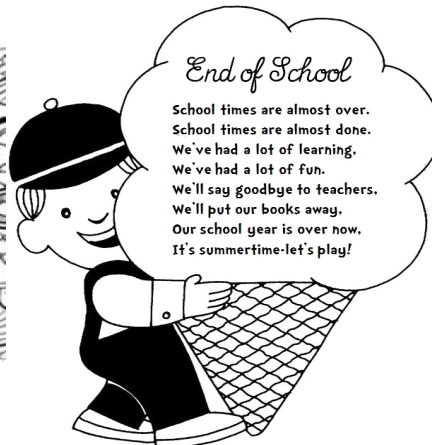
## Kids Zone!

### Summer Holiday Bucket List

- |                |                          |                      |                          |
|----------------|--------------------------|----------------------|--------------------------|
| Treasure Hunt  | <input type="checkbox"/> | Make Fairy Glow Jars | <input type="checkbox"/> |
| Make Play Doh  | <input type="checkbox"/> | Do A Puppet Show     | <input type="checkbox"/> |
| Fly A Kite     | <input type="checkbox"/> | Family Movie Night   | <input type="checkbox"/> |
| Plant Seeds    | <input type="checkbox"/> | Bake CupCakes        | <input type="checkbox"/> |
| Build A Den    | <input type="checkbox"/> | Feed The Ducks       | <input type="checkbox"/> |
| Make A Pizza   | <input type="checkbox"/> | Have A Water Fight   | <input type="checkbox"/> |
| Go On A Picnic | <input type="checkbox"/> | Make Lemonade        | <input type="checkbox"/> |
| Read 10 Books  | <input type="checkbox"/> | Catch A Butterfly    | <input type="checkbox"/> |
| Go Swimming    | <input type="checkbox"/> | Play Hide & Seek     | <input type="checkbox"/> |
| Go To The park | <input type="checkbox"/> | Play Dressing Up     | <input type="checkbox"/> |
| Bug Hunt       | <input type="checkbox"/> | Make A Time Capsule  | <input type="checkbox"/> |
| Visit The Zoo  | <input type="checkbox"/> | Go On A Bike Ride    | <input type="checkbox"/> |
| Family BBQ     | <input type="checkbox"/> | Build A Sandcastle   | <input type="checkbox"/> |
| Write A Story  | <input type="checkbox"/> | Make A Photo Book    | <input type="checkbox"/> |
| Save £1 A Day  | <input type="checkbox"/> | Have A P.J Day       | <input type="checkbox"/> |

be  
**KIND**  
whenever  
possible.  
it is  
always  
**POSSIBLE.**

-Dalai Lama



*End of School*

School times are almost over.  
School times are almost done.  
We've had a lot of learning.  
We've had a lot of fun.  
We'll say goodbye to teachers.  
We'll put our books away.  
Our school year is over now.  
It's summertime-let's play!

### 30 "I'm Bored" Jar Activities



**Energy Busters**

- 5 minute dance party
- 25 jumping jacks
- Run the house stairs 5 times
- Play in the sprinkler
- Find 5 nature items outside

**Quiet Time**

- Write a letter
- Work on a puzzel
- Write a story
- Write home phone # 10 times
- Read a book

**Art**

- Paint rocks
- Veggie prints
- Draw a picture blindfolded
- Q-tip painting
- Draw with chalk on the sidewalk

**Chores**

- Water plants
- Feed the dogs
- Check the mail
- Brush the dogs
- Make your bed

**Food**

- Instant pudding
- Bake cookies
- Have a picnic
- Write ingredient list
- Microwave s'mores

**DIY**

- Pinecone bird feeder
- Sugar scrub
- Make a sock puppet
- Make a sun catcher
- Leaf bookmark

Bright Beginnings  
PRESCHOOL

### Summer Screen Time

- brush your teeth
- make your bed
- eat breakfast
- read for 20 minutes
- play outside
- do your chores
- make something creative (LEGOs, Play-doh, drawing)

Screen Time!

Recommended read:

We are all born free.

By Amnesty International.