

Word of the Week Wordsearch!

Have you ever thought about how powerful words can be?
Words can make all of the difference, whether you're saying them to
yourself or to someone else.

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

Can you find these powerful words in the grid above?
Words can run from side to side, up and down, or diagonally.

ADVENTURE

POSITIVITY

FREEDOM

GRACE

COURAGE

ENERGETIC

GENTLE

CHAMPION

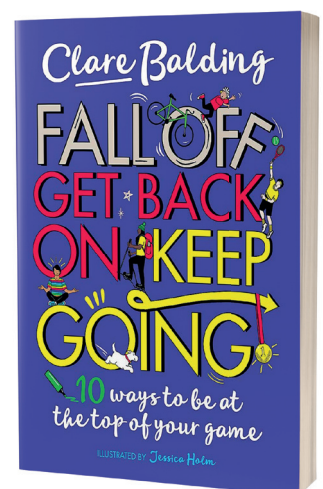
THOUGHTFUL

RELAXED

Which word is your favourite?

This can be your word of the week! How can you use this word
to motivate you this week?

Inspired by *Fall Off, Get Back On, Keep Going* by Clare Balding. Illustrations by Jessica Holm.



The 10-Metre Challenge!



Can you use your creativity to change something for the better?
Let's start with something close to you. Try to be brave and say exactly what you think!
Suggest different ways to solve some of the problems around you.

1. Think about the 10 metres around you right now – where are you?

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2. Who is in your 10-metre radius?

.....

3. What could you do to improve things for you and them? *All ideas are welcome!*
For example, could you check in on a neighbour or friend? Could you think of a new way to encourage recycling at school?



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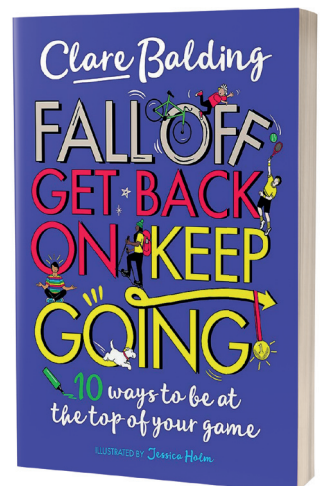
4. Who can help you achieve this?

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5 How can you encourage your friends to come up with ideas too?

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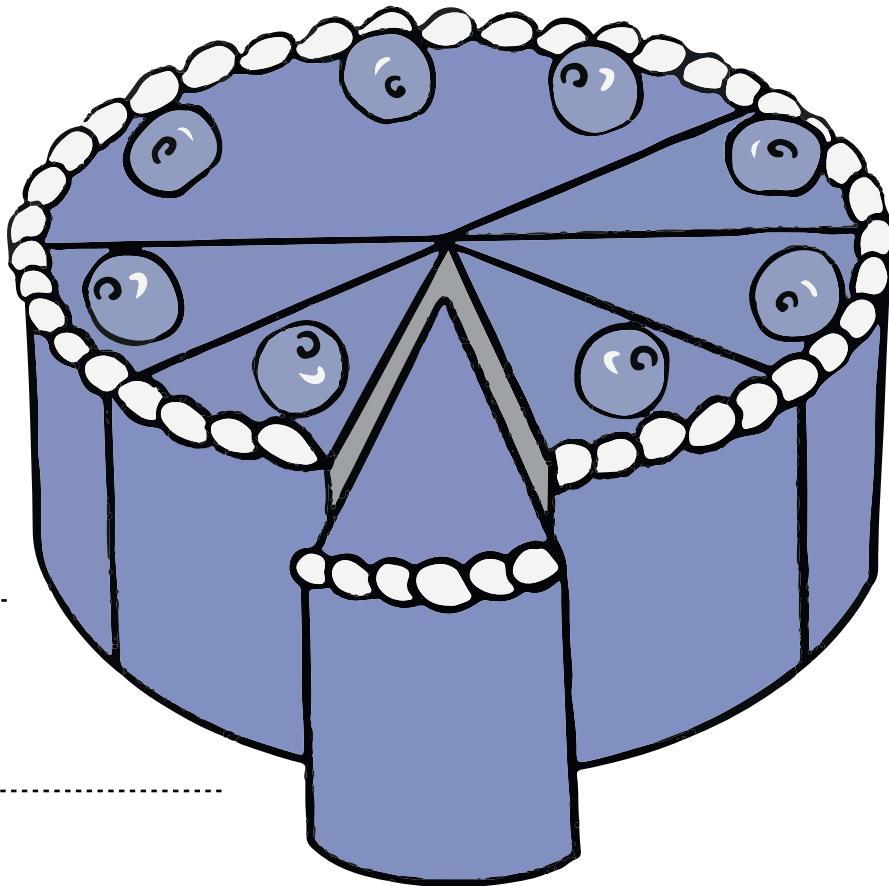
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Create your very own...

CAKE OF KINDNESS

Baking a cake is science! Add all of the right ingredients, and something magical happens in the oven. Being kind is just like baking a cake – you just need the right ingredients!

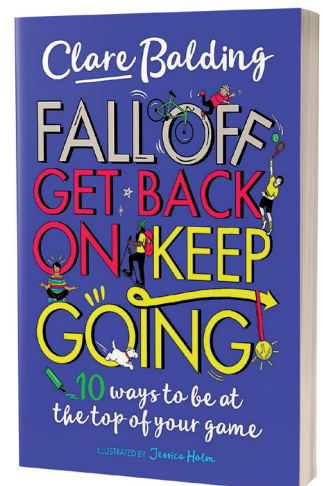


Listening

What ingredients would be in your
Cake of Kindness?

Fill in the blank spaces with your ideas for how to be kind

Inspired by *Fall Off, Get Back On, Keep Going* by Clare Balding. Illustrations by Jessica Holm.



Inspirational People

Match the inspirational figure with the obstacle they overcame, and what they went on to achieve!

MICHELLE OBAMA

NICOLA ADAMS

LEONARDO DI VINCI

ADAM PEATY

ROGER FEDERER

Very afraid of water and wouldn't sit in the bath in case sharks were in the water

Never went to school and was not taught to read or write

Had to go to the gym with her mother because the babysitter canceled

Struggled with his temper for many years, but decided he needed to change

Her Father sadly passed away and she realised she was not enjoying her job

Has won 20 Grand Slam titles and 8 Wimbledon championships

Now one of the most influential and important women in the world

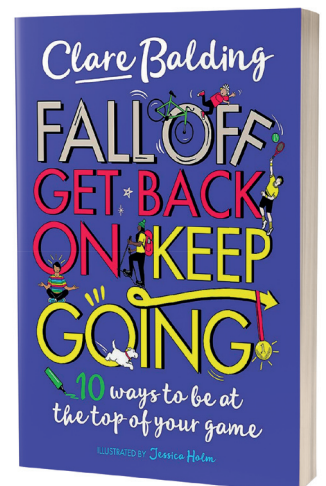
World record holder for 50 and 100 metres swimming

Became the first female boxer in the world to win an Olympic gold medal!

Painted the Mona Lisa and is now considered one of the greatest artists of all time

Can you think of something you have overcome?
How does it feel knowing you overcame this?

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Colour-in Quote

Colour in your very own motivational sign and hang this somewhere you can see it whenever you need a boost!

