Growing together

activity pack

answers

Aims

- To learn the importance of growth and the impact to wellbeing
- Understand how change and support affects mental health

- Provide fun activities themed around change, support networks and future aspirations

Objectives

- To explore feelings and emotions towards growth and change

- To complete fun activities themed around growth and change

- Review own learning

Activity 1

Make a list of your earliest memories
and how they made you feel

Memories:

Feelings:

Activity 2

Make a list of people who have helped you grow and supported you.
i.e parent/carer/teacher

Example:
Dad –
Took me to my first football match

Write next to their name how they supported you or share a nice activity or day out you shared

Activity 3

Within your school or home collect items below to design a sculpture/picture or plant something representing growth

Activity 4

What am I ?

I like to crunch and bite through things, and get cleaned at least twice a day.
I fall out to make way for bigger things when I get older

Teeth

Tree

I try to reach the sky, yet I'm always stuck to the ground and in a forest, you'll find me all around. What am I?

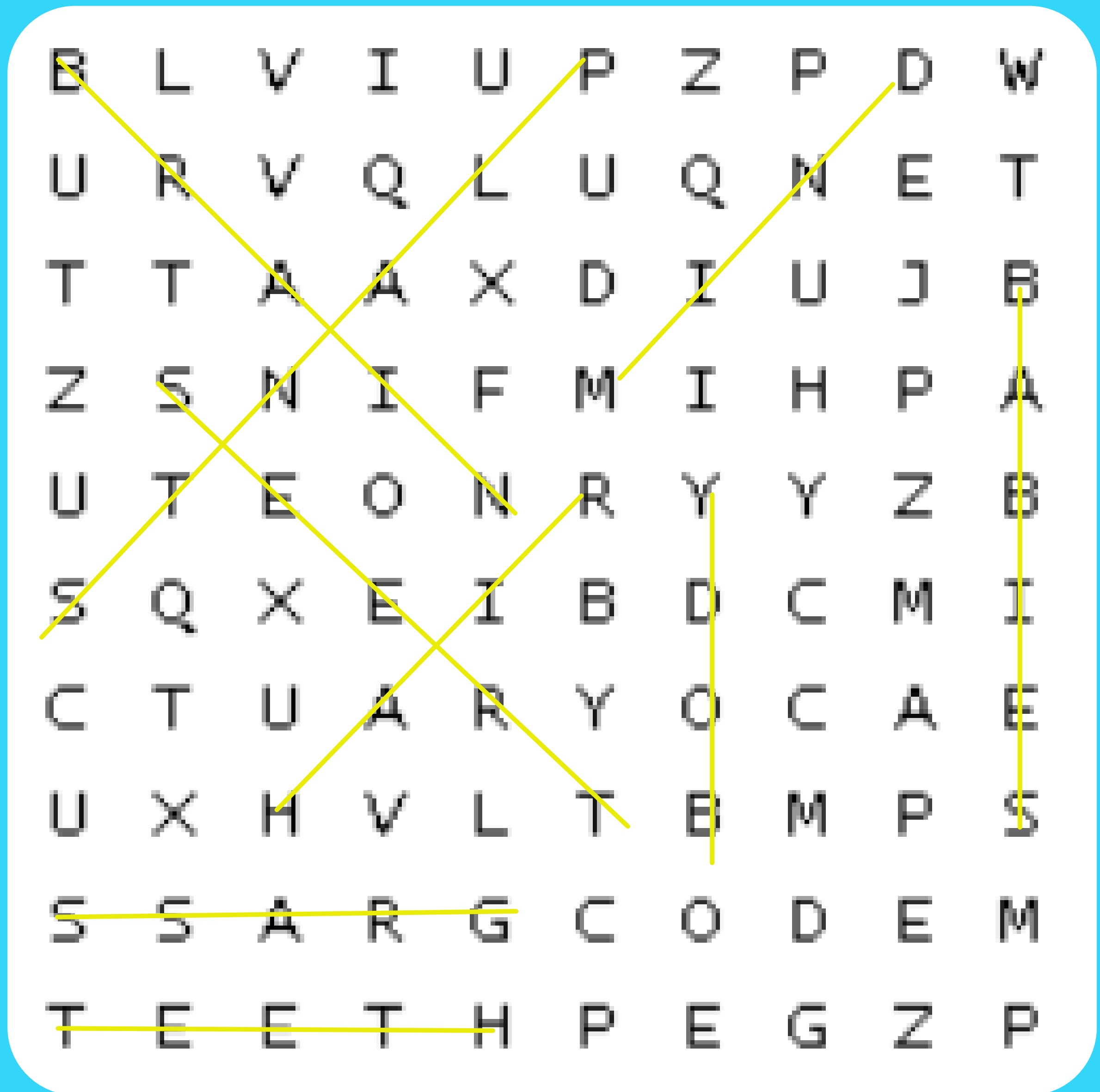The more you use me the sharper I get and the less you use me the rustier I get. What am I?

Brain

Age

What goes up but never comes down?

Activity 5

Find the growing words

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

Babies   Grass   Brain
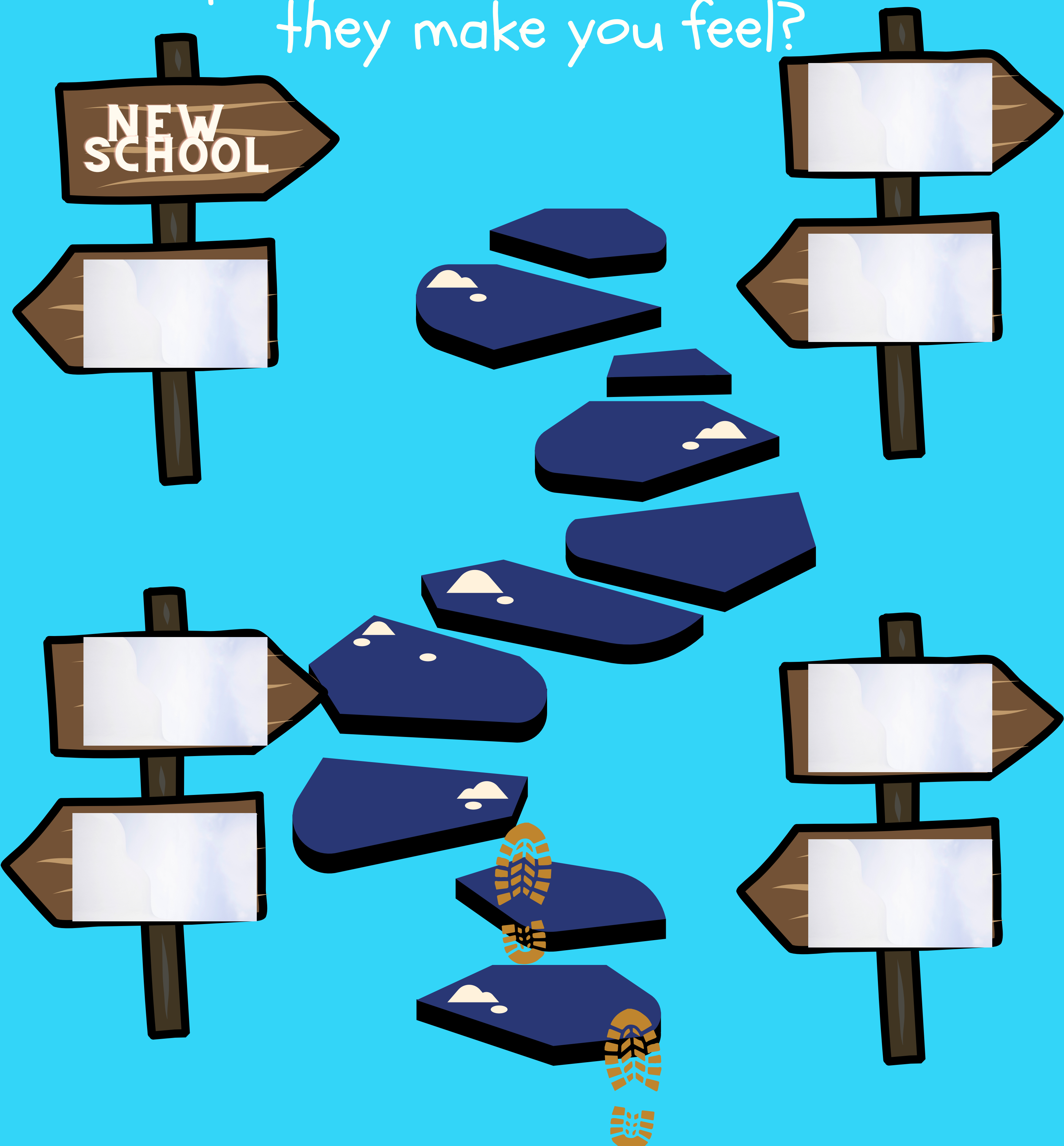
Body   Hair   Trees

Teeth   Plants   Mind

Activity 6

Write down future activities/events you have planned & think about how they make you feel?

NEW SCHOOL

Activity 7

Each day plan a new activity, try a new food or visit somewhere different.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

Notes

Activity 8

Match statements to negative (fixed) and positive (growth) mindsets

FIXED

Growth

– This is too hard

– I can always improve and keep trying

– I can't make this any better

– I'm not good at this

– I made a mistake

–I'm going to figure this out

– What am I missing?
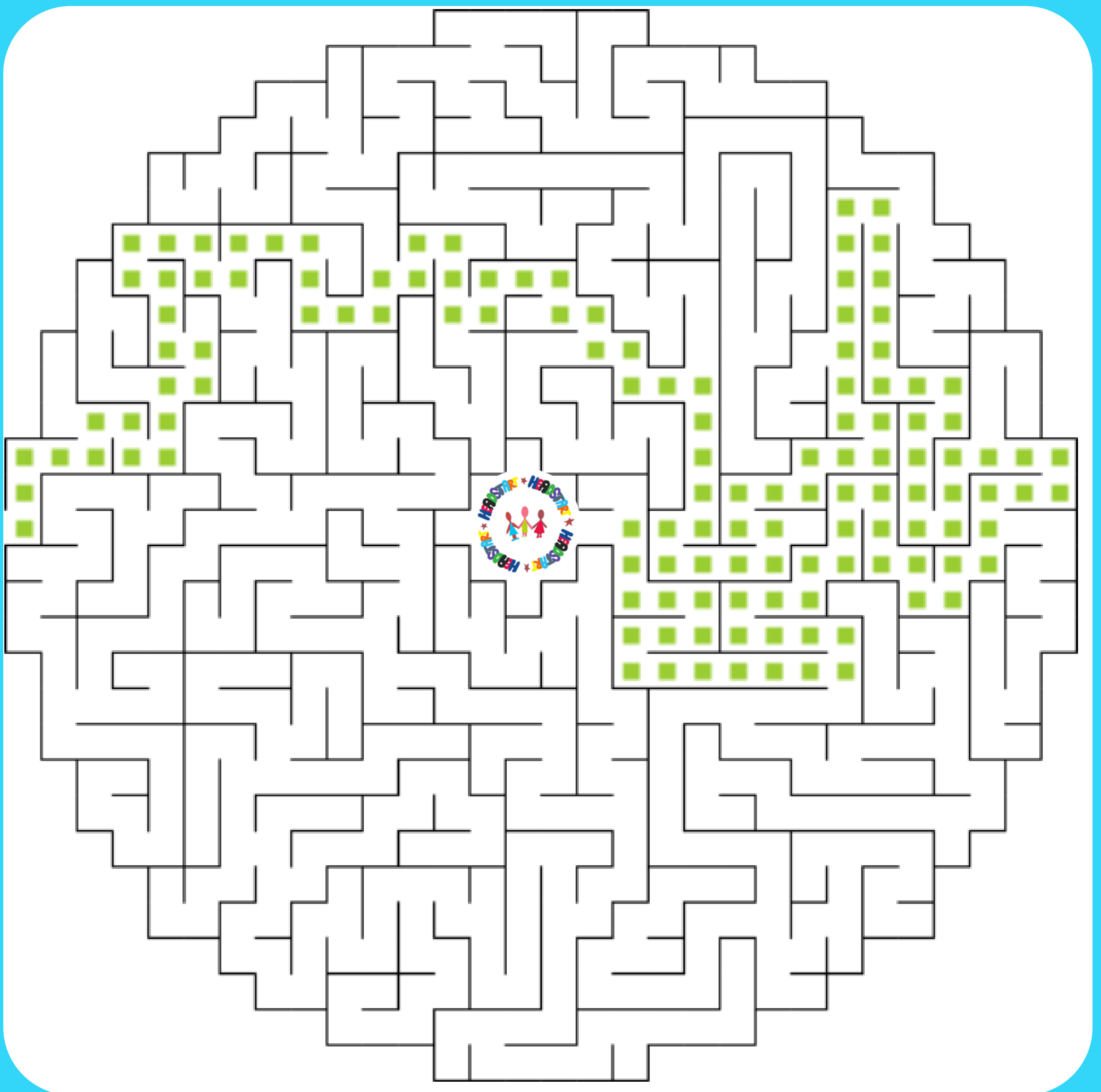
– I'm going to train my brain & practice more

Activity 9

Work your way through the maze to reach the HeadStart Logo

Activity 10
Complete the sentences about you

I'm most happy when I

I'm looking forward to

I enjoy going out to

I enjoy spending time with

My latest challenge/task I completed was

My greatest achievement is