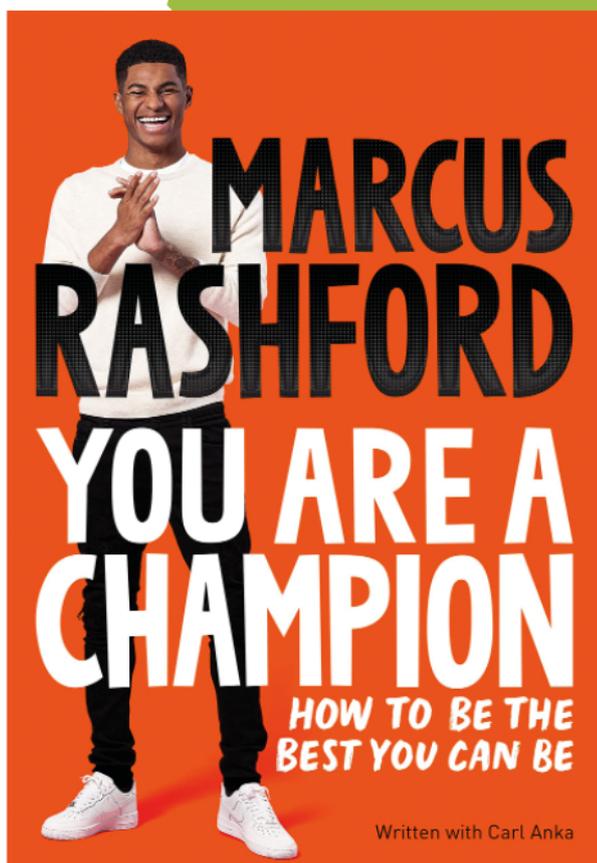


OneEducation
Putting children first



MANCHESTER
CITY COUNCIL



Children's Pack for Home

Read Manchester have kindly donated 12,000 copies of *You are a Champion* to children across Manchester. One Education's planning and resources aim to give educators a starting point in suggesting ways in which Marcus Rashford's *You are a Champion* can be used to develop children's confidence, build resilience and support in striving to be the best version of themselves.

Scrapbook/Mood Board

TASK:

Create your own scrapbook or mood board reflecting what makes
YOU A CHAMPION!

This can be added to over time with your **ACHIEVEMENTS**, *how you felt*, *who has helped you along the way* and any **INSPIRATIONAL QUOTES**.

Below are some ideas of what it could look like, but get creative!

Display it somewhere you will see it every day to remind you of your journey. When you experience challenges or barriers, look through it and remind yourself of your accomplishments!



Image credit: <https://www.pinterest.co.uk/pin/194217802666815847/?d=t&mt=login>



Image credit: <https://www.creativehive.com/blog/scrapbook-ideas-for-beginners/>

Resources you might need/use:

- paper (various colours optional)
- pens/pencils
- scissors
- glue
- colouring pencils/felt tips
- photographs
- magazines/ comics/ newspapers for cut outs



Image credit: *How to be a Fashion Designer* by Lesley Ware. P44-45.

Word Cloud of YOU

TASK:

Create a Word Cloud by clicking on the link below and adding in words associated with you!

<http://www.wordclouds.co.uk>

What are you good at? Who is important to you? What qualities do you have? What skills do you possess?

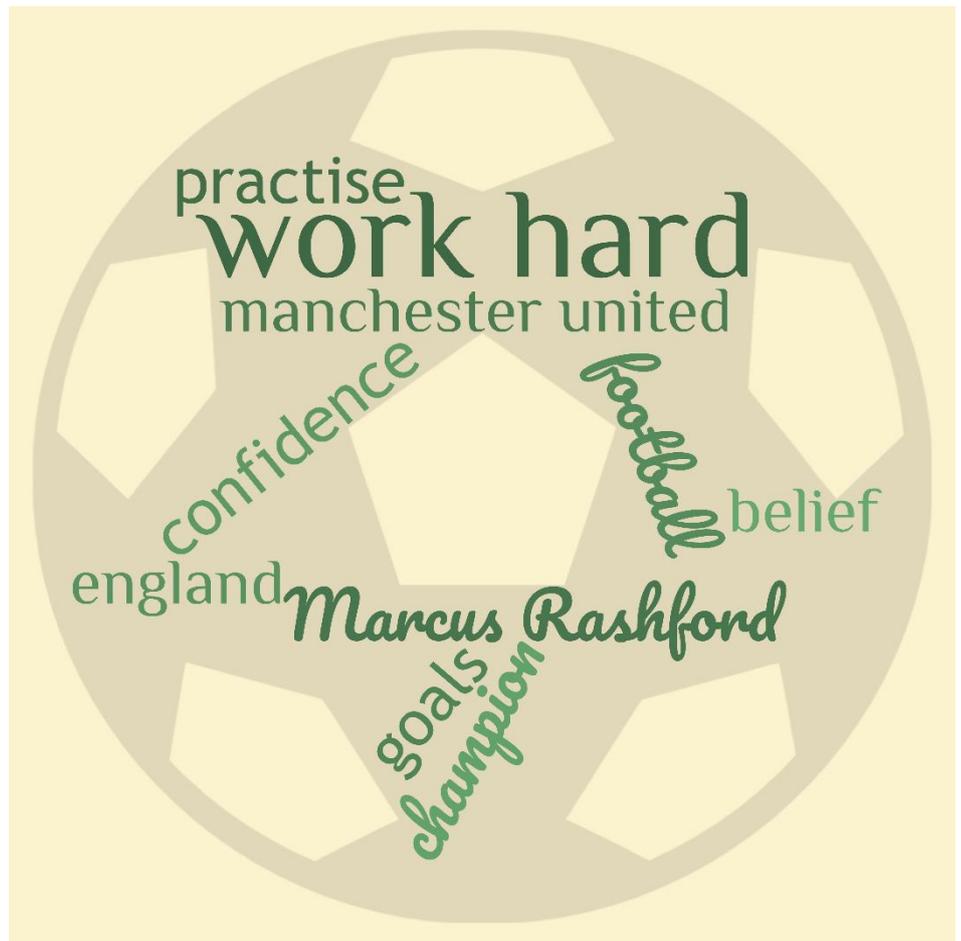
Play around with how you want the design to look and then save the image.

Share this with your friends, family and teachers.



Image credit:

<https://www.panmacmillan.com/blogs/books-for-children/marcus-rashford-book-club-books-in-order>



Video or Photograph Diary

TASK:

Keep a track of your progress towards your end goal by videoing yourself or taking photographs of your achievements. That way you can look at your journey and see your steps to success over time. So, when you're finding things tricky or things are not going your way, you will be able to see how far you have come.

This could be:

- learning how to draw
- writing your own book
- learning how to play an instrument
- learning a dance routine

Celebrate and share your progress with family, friends and your teachers.



Image credit: <https://depositphotos.com/vector-images/youtuber.html?view=192340584>

Positive Thoughts Only Notebook

TASK:

Get yourself a notebook. If you don't have one you can make one yourself using plain paper and a stapler, and use this as a space to record **positive thoughts** about yourself.

First, design the front cover. Look at the examples below for inspiration but be creative and inject your own personality into it.

You are now ready to take the message on board and record **ONLY** positive thoughts in this book. This will be a place where you celebrate **YOU!**

Jot down or draw positive things you do each day and watch as your book becomes a true reflection of the wonderful person you are!

Examples:

Today I am excited about everything!

Just keep swimming, just keep swimming, all you got to do is swim!

I LOVE my friends – they're always by my side.

REMEMBER: This is a space for positive thoughts – you may want to keep a separate journal or diary for when you are finding things hard.

Front cover designs:



Image credit: <https://lifestylecollective.org/2019/10/14/good-vibes-only-is-the-positive-mindset-trend-healthy/>

Only
positive
thoughts
beyond
this point

Image credit: <https://www.pendredprinting.com/shop/inspirational-quote-poster-a3a4-portrait-250gsm-gloss-only-positive-thoughts/>



Image credit: <https://www.redbubble.com/i/poster/Positive-Thoughts-Only-by-santiagodesign/26388161.LVTDI>

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Make Your Own Inspirational Quotes

TASK:

When you read *You are a Champion: How to be the best you can be* it is filled with inspirational and motivational quotes which encourage us to stop, reflect and actively change our thoughts.

From your own experiences, sit and think about what inspirational message or quote you would like to share with others?

It could be based on either:

Lessons you've learnt about yourself – linked to attitudes or personality traits

Or,

Metaphors – linked to animals, nature etc.

Look at some of the examples below to help get you started...

**“DON'T
COUNT THE DAYS;
MAKE THE DAYS
COUNT.”**
– MUHAMMAD ALI

Image credit: <https://www.wallquotes.com/vinyl-wall-quotes/home/make-days-count-wall-quotes-decal>

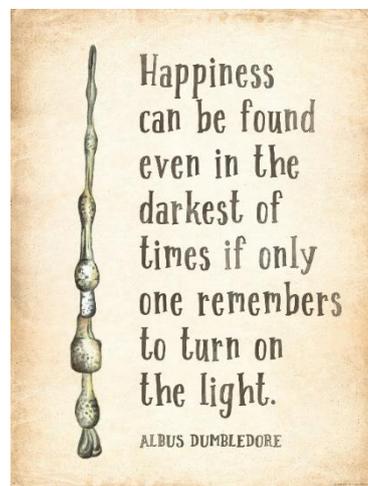
Image credit: <https://www.ebay.co.uk/itm/192891593190>



Image credit: <https://www.pinterest.co.uk/pin/307652218302899296/>



Image credit: <https://www.goodto.com/family/children/inspirational-quotes-for-kids-539776>



Create a Pictoword for your name

TASK:

Make a pictoword, like the examples below, which celebrates everything that's AMAZING about YOU!



Image credit: <http://myadventuresinpositivespace.blogspot.com/2011/08/>



Image credit: <https://www.pinterest.co.uk/pin/322007442080330726/?d=t&mt=login>



Image credit: <https://theartofeducation.edu/2018/08/07/name-designs-the-perfect-lesson-to-start-your-year/>



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