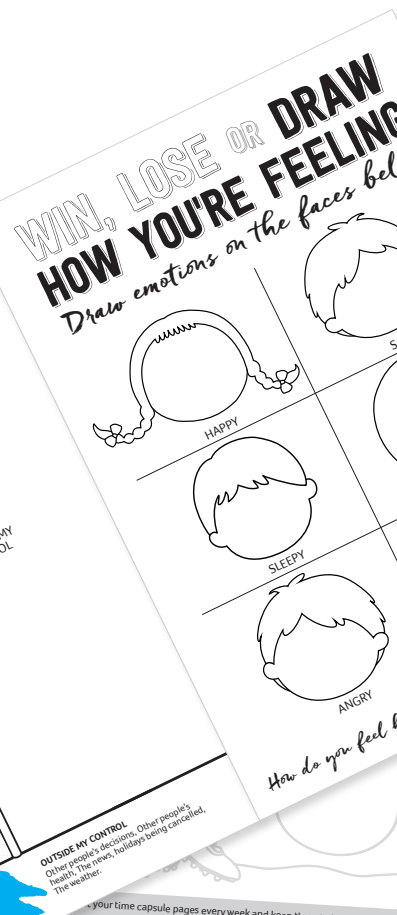
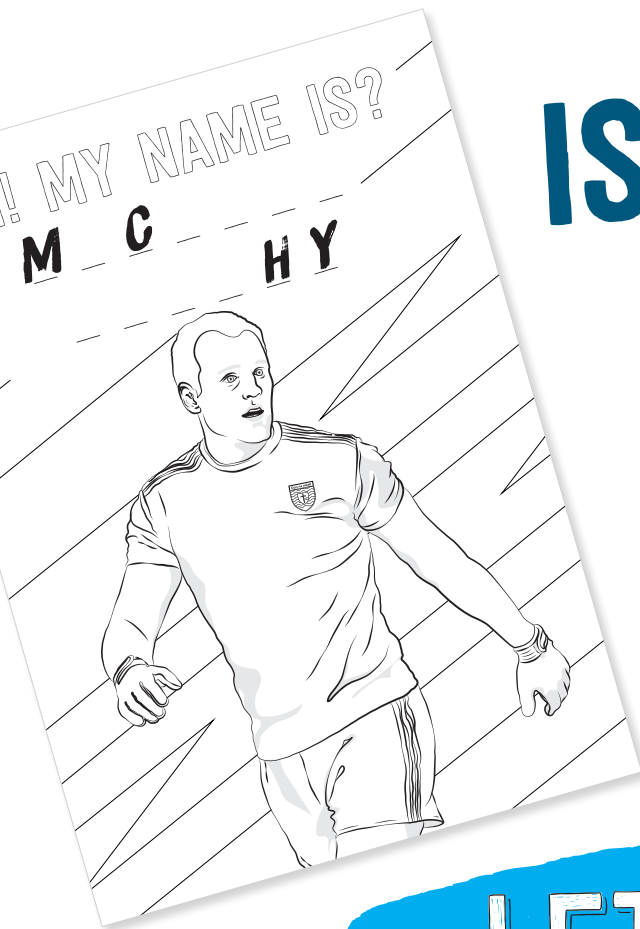


# GAA KIDS



# ACTIVITY PACK

## ISSUE 12



LET'S GET  
COLOURING

HI! MY NAME IS?

**M C**

**H Y**



HI! MY NAME IS?

D V D

F I Z D



# RETURN TO PLAY

## *Mindfulness Exercise*

**Worried about returning to play after Lockdown?** Try out this exercise to help you cope with any anxieties you might have. Write down what you have control over **IN** the goal below. Then, note the things you cannot control **OUTSIDE** of the goal, refer to the notes below for inspiration.

WITHIN MY  
CONTROL

OUTSIDE MY  
CONTROL

### WITHIN MY CONTROL

Eating well, Exercising, Following the latest information and advice, Focusing on what's important, Routine, Connecting with friends.

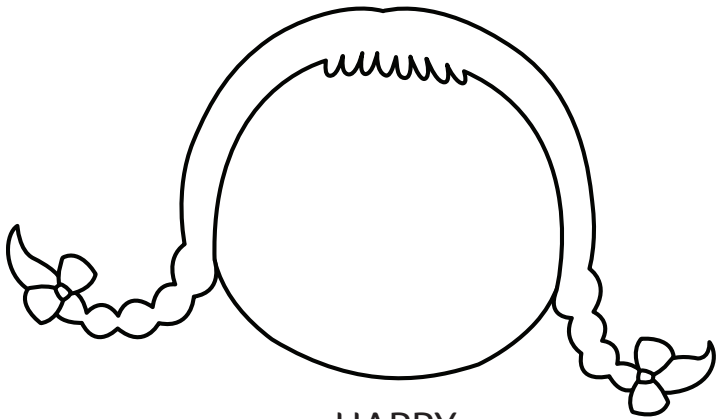
### OUTSIDE MY CONTROL

Other people's decisions, Other people's health, The news, holidays being cancelled, The weather.

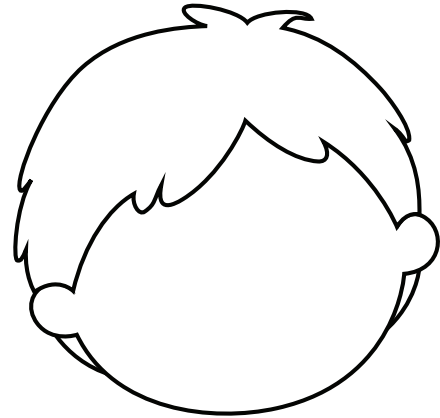
# WIN, LOSE OR DRAW

## HOW YOU'RE FEELING

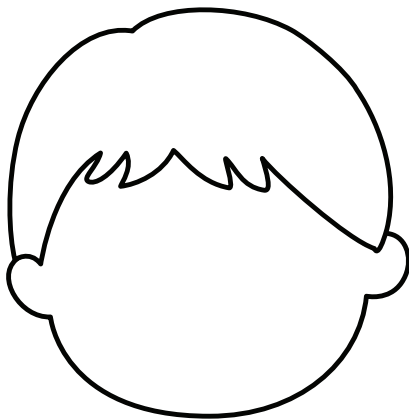
*Draw emotions on the faces below*



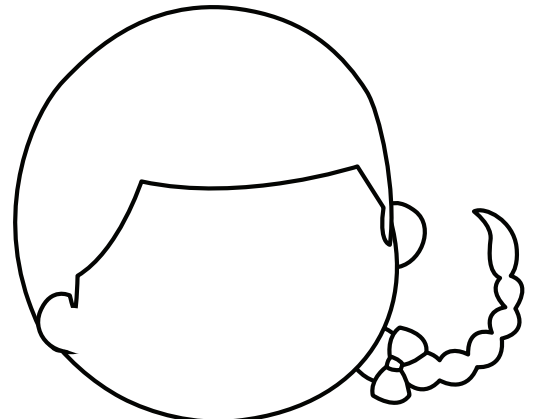
HAPPY



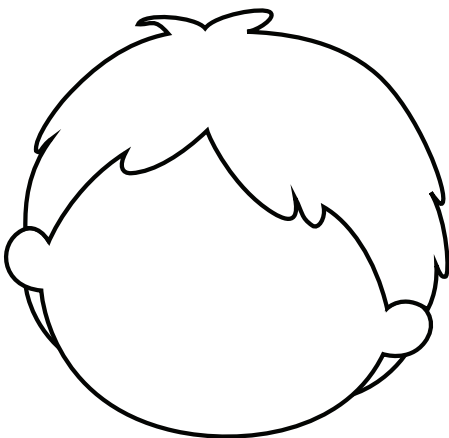
SAD



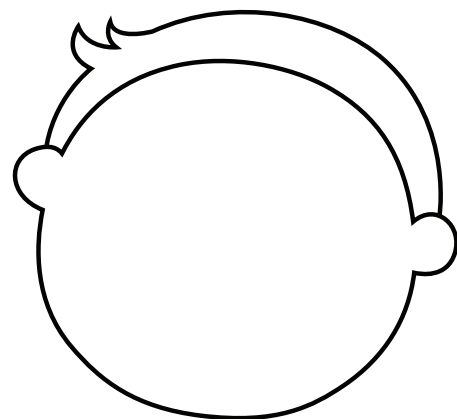
SLEEPY



AFRAID



ANGRY



CONFIDENT

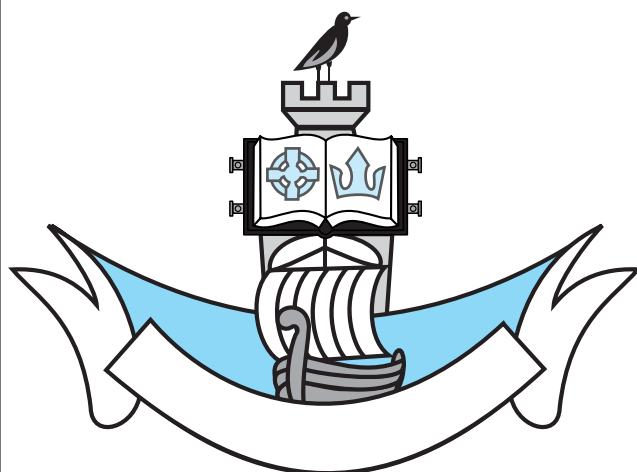
*How do you feel have about emerging from lockdown?*

# GUESS THE COUNTY CREST?

Below are some county crests, but we've altered them!  
Can you still name the teams?



Answer: .....



Answer: .....



Answer: .....



Answer: .....

# GUESS THE COUNTY CREST?

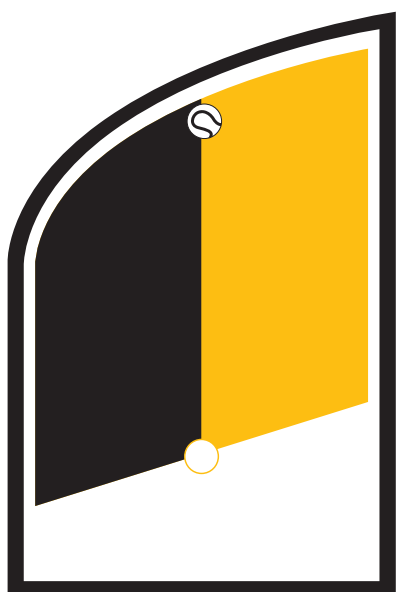
*Below are some county crests, but we've altered them!  
Can you still name the teams?*



Answer: .....



Answer: .....



Answer: .....

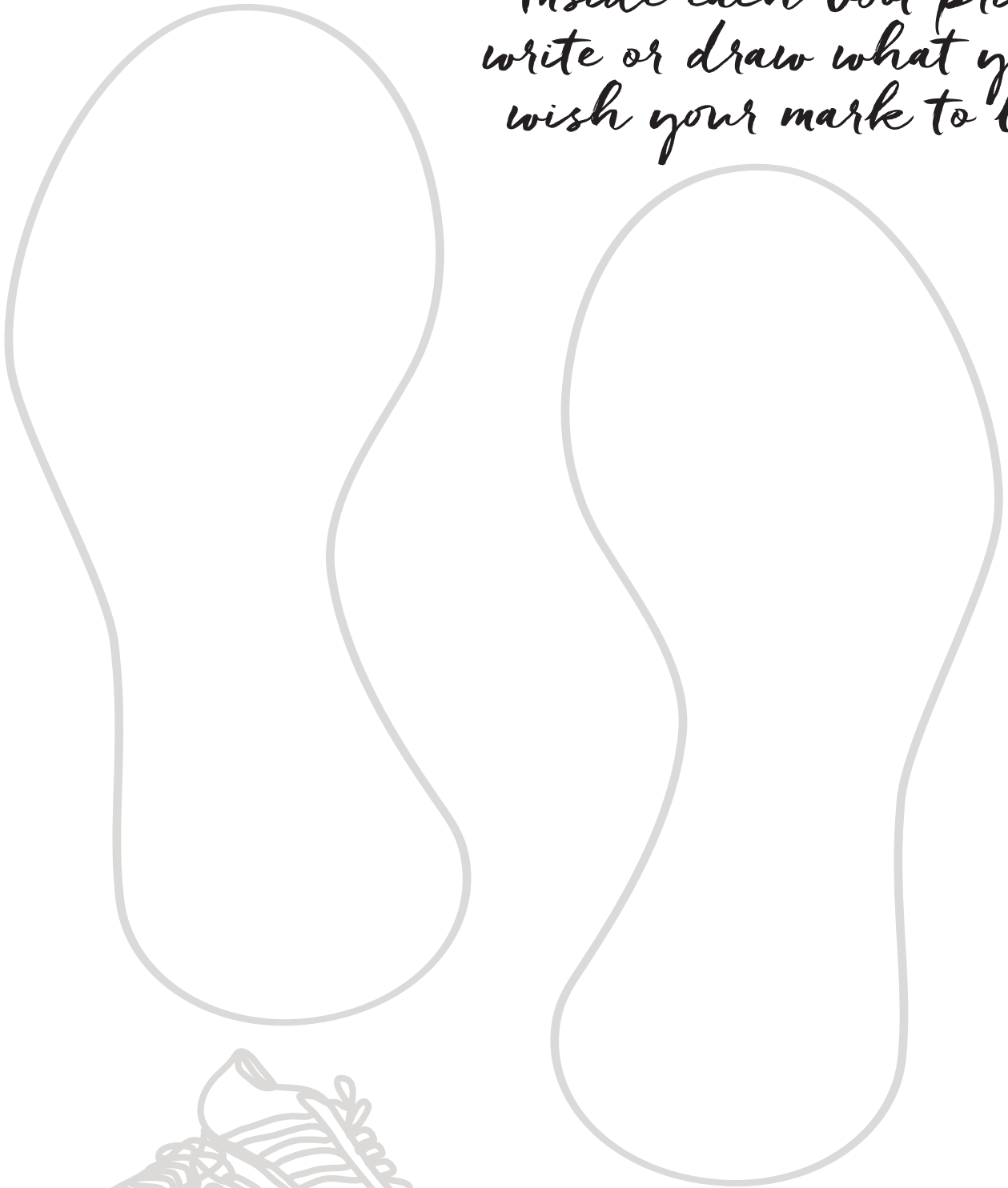


Answer: .....

# LEAVING MY MARK

*How will you leave your mark on the world?*

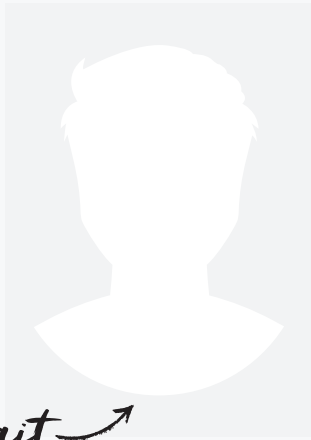
*Inside each boot print,  
write or draw what you  
wish your mark to be.*





# LOCKDOWN NEWS

Date: / /



*Self portrait* →

## RETURN TO PLAY

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←  
*Write the stories to go with the headlines*

## ADJUSTING TO THE NEW NORMAL

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## NEW GOALS!

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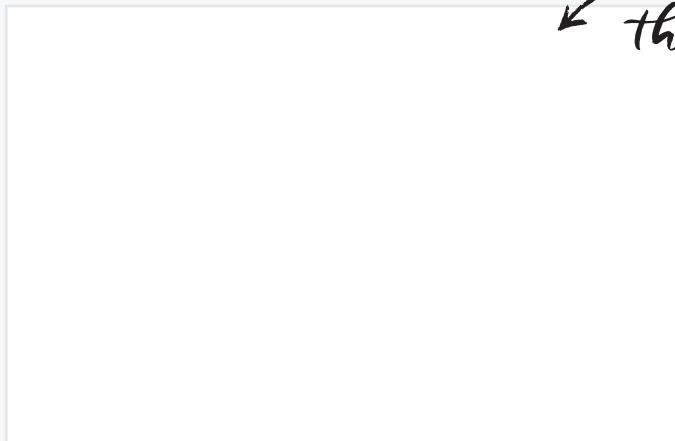
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← *Draw the story's photo*

**GAA**

*Create a newspaper front page to tell the world how you're returning to action after lockdown*

Collect your time capsule pages every week and keep them to look back on in the future!