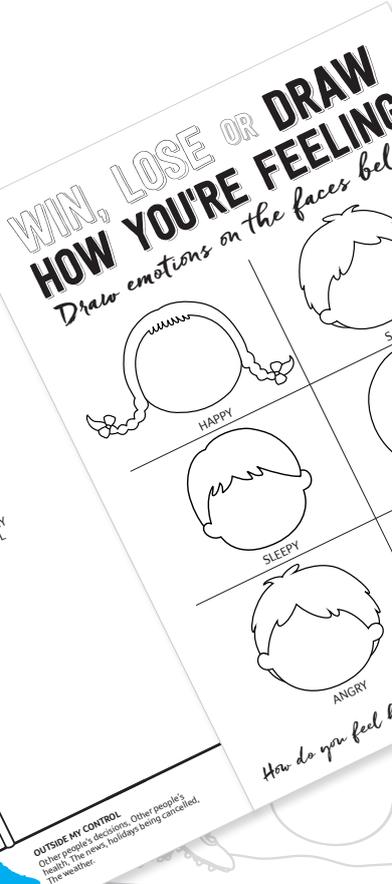
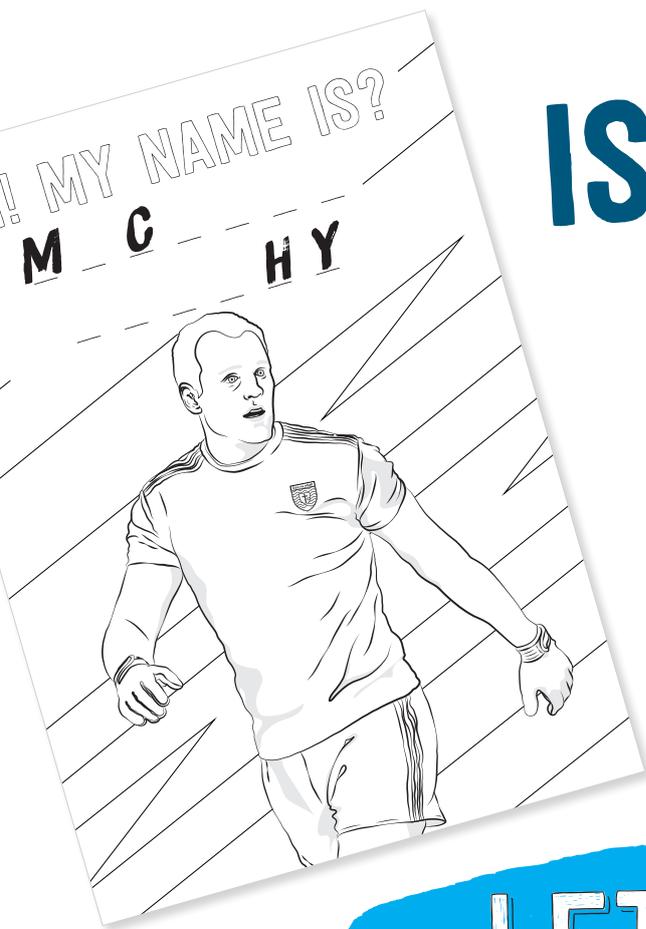


GAA

KIDS

ACTIVITY PACK

ISSUE 12



LET'S GET COLOURING

OUTSIDE MY CONTROL
Other people's designs, Other people's health, The news, holidays being cancelled, The weather.

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

HI! MY NAME IS?

M C

H Y



HI! MY NAME IS?

D V D

F I Z D



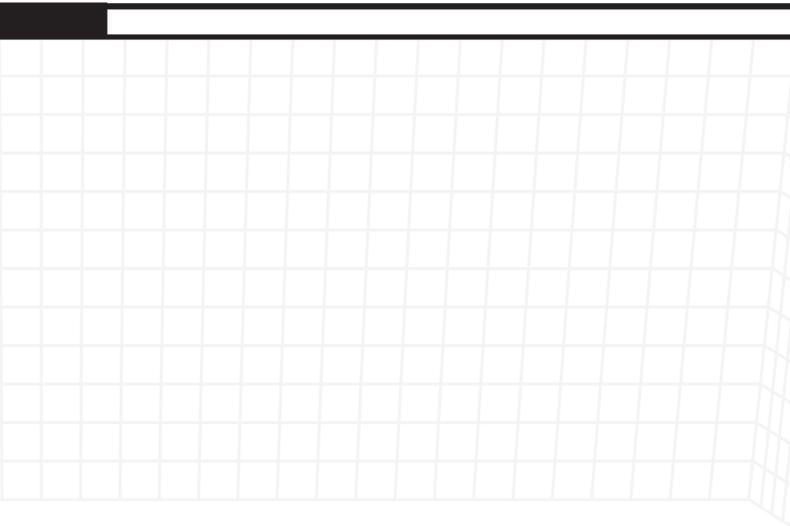
RETURN TO PLAY

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

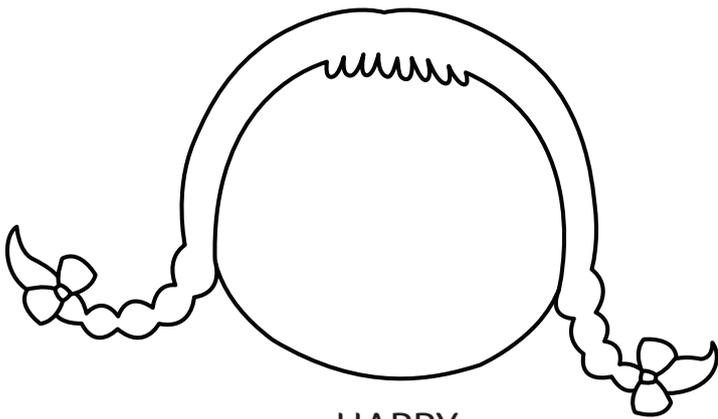
Eating well, Exercising, Following the latest information and advice, Focusing on what's important, Routine, Connecting with friends.

OUTSIDE MY CONTROL

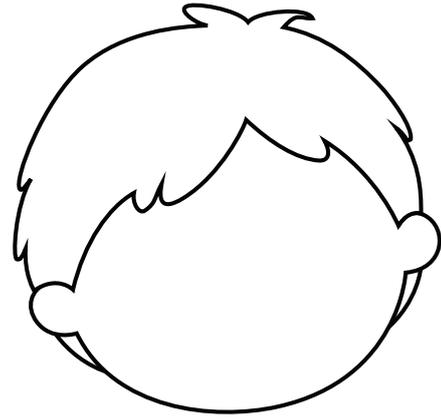
Other people's decisions, Other people's health, The news, holidays being cancelled, The weather.

WIN, LOSE OR DRAW HOW YOU'RE FEELING

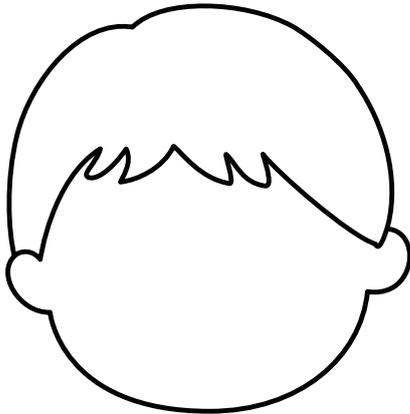
Draw emotions on the faces below



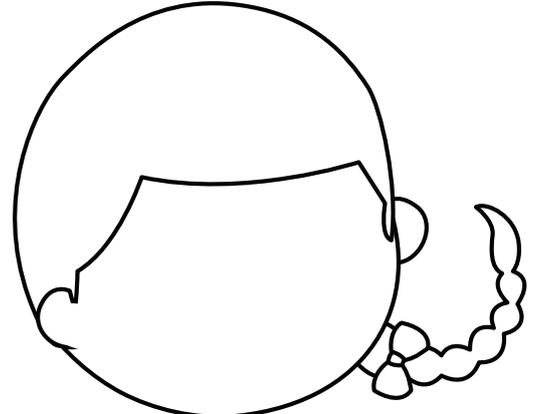
HAPPY



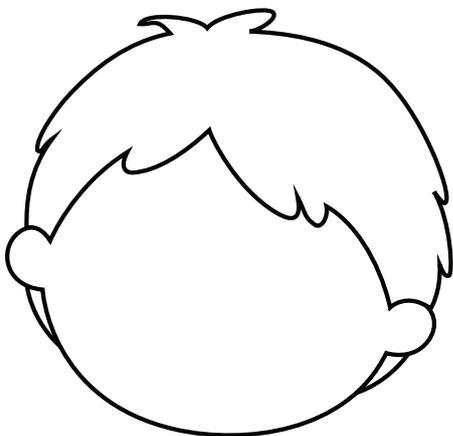
SAD



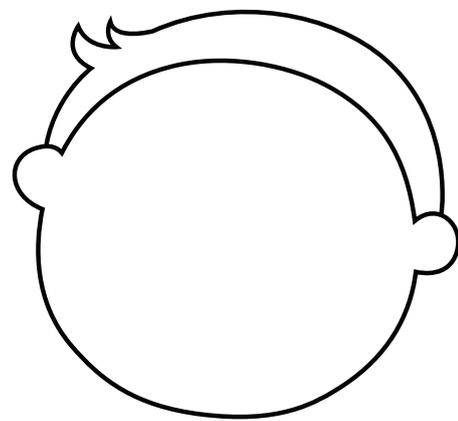
SLEEPY



AFRAID



ANGRY



CONFIDENT

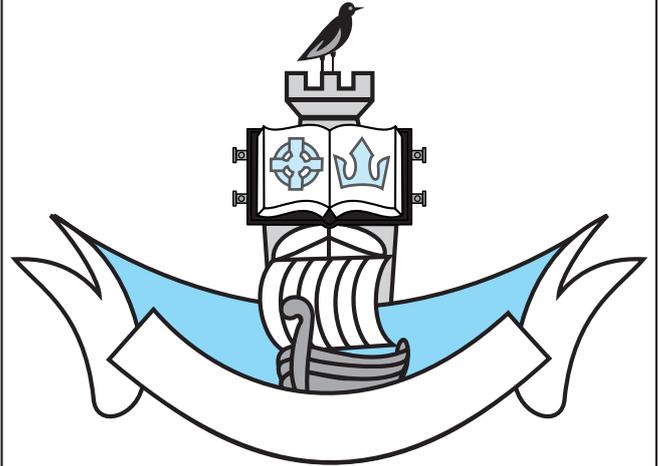
How do you feel have about emerging from lockdown?

GUESS THE COUNTY CREST?

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



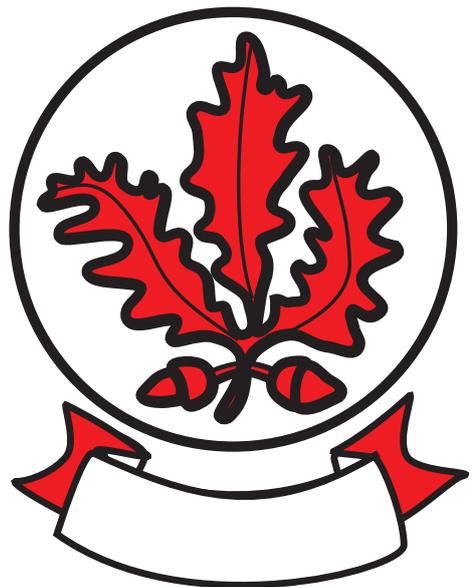
Answer:



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

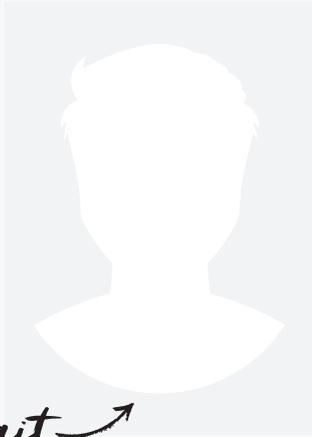
How will you leave your mark on the world?

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



LOCKDOWN NEWS

Date: / /



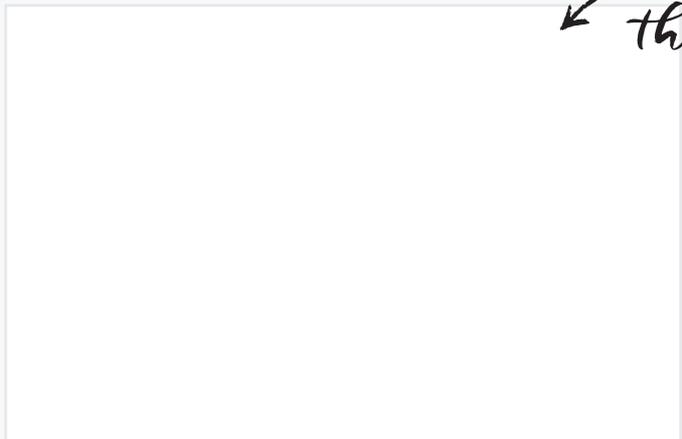
Self portrait →

RETURN TO PLAY

←
Write the stories to go with the headlines

ADJUSTING TO THE NEW NORMAL

NEW GOALS!



← *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!