

Whilst You Are At Home  
We are going to stay in touch



21st April 2020

# Positive Message of the Week

Hello everyone, because we cannot visit you in your schools at the moment, we are now on our third weekly message. Each week we will be adding new activity ideas for you to do at home either by yourself, a family member or your personal friends online.

We are all aware of the changes still going on at the moment which might make you feel scared or worried. That's OK. It's totally normal to feel like this. We all need to remember this situation won't last forever. Remember we are staying in touch with you to help keep you safe.

# PCSO GEORGIE GRIFFITHS SAYS HI

Please don't talk to strangers Online



*When outside for your exercise  
Always use the Green Cross Code.*



Always wear your seat belt in the car

Make sure you wear  
your helmet whilst on  
your bikes



# Police Safety Messages

You are all smart children and we want you to remember the Online Safety messages your parents, your teachers and the PCSO's talk to you about all the time! This week we want you to focus on Not sharing personal information or communicating with people you don't really know.

This message came from **PCSO Georgie Griffiths**

Think about the following messages:

- Don't talk to strangers Online.
- Always use the Green Cross Code.
- Don't run across the roads.
- Always wear your seat belt.
- Always wear your helmet when your on a bike.
- Always tell someone you trust if something upsets you.

Cheshire Police  
PCSO's  
working together  
to keep you safe  
at all times



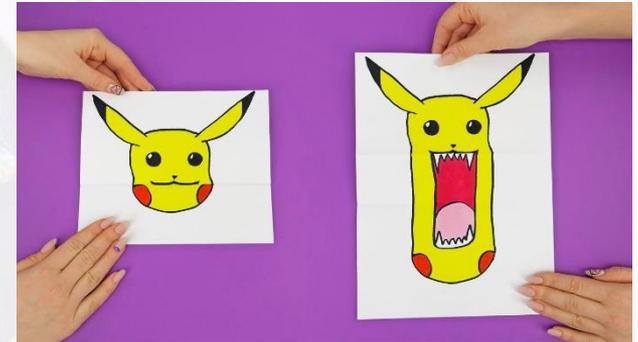
# Activities

## This weeks Drawing Project

What does a key worker look like?

Maybe write a story about key workers, thinking about how others help Us.

How about a poem, that can be shared with family, friends, your teachers or your local Police.



**Riddle:** What do you call a Fairy who hasn't had a bath?

Answers on last slide, no peeking until you've had a go at this!



**ART  
MAKES  
CHILDREN  
POWERFUL**

**"Riddle:** Why are Teddy Bears never hungry?"

Answers on last slide, no peeking until you've had a go at this!



Words that describe  
ME!

This is me:



BE YOURSELF  
ACCEPT YOURSELF  
VALUE YOURSELF  
FORGIVE YOURSELF  
BLESS YOURSELF  
EXPRESS YOURSELF  
TRUST YOURSELF  
LOVE YOURSELF  
EMPOWER YOURSELF

©LUPYTHA HERMIN

## POSITIVE WORDS FOR KIDS

I AM:



EMPOWERED  
RESPECTED



LOVED  
SAFE  
KIND

COMPASSIONATE  
EMPATHETIC  
LISTENED TO  
A LEARNER  
HEALTHY

STRONG  
CONFIDENT  
RESILIENT  
HONEST  
A PROBLEM SOLVER  
ADVENTUROUS  
FUNNY  
SMART  
ARTISTIC  
ATHLETIC  
BRAVE  
DETERMINED  
UNIQUE

LOVING  
CARING  
INQUISITIVE  
A READER  
A WRITER  
A STORYTELLER  
MINDFUL  
A LISTENER  
JOYFUL  
HAPPY  
A FRIEND  
RESPECTFUL



# Until next Time

## 28th April 2020

- Stay safe, by Washing your Hands and stay at home until it's time for some exercise.
- Stay healthy, by doing a bit of exercise every day.
- Keep positive, by reminding yourself, You are an **Amazing Child**.

And remember we won't be indoors forever

### [Childline | Childline](https://www.childline.org.uk)

1. <https://www.childline.org.uk>

2. Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards



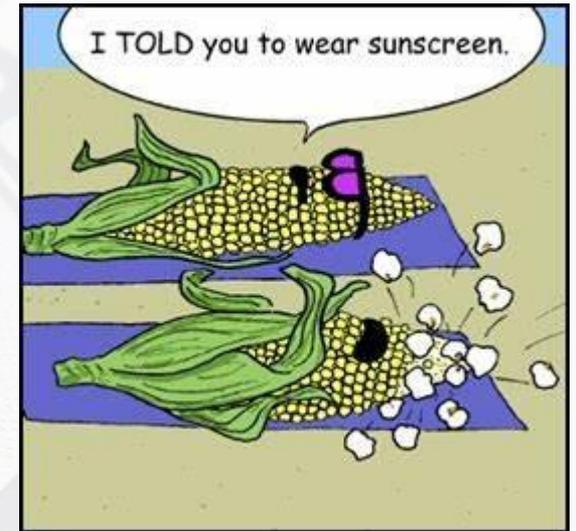
# Answers to Riddles

**Riddle:** Why are Teddy Bears never hungry:

**Answer:** Because they are always stuffed.

**Riddle:** What do you call a Fairy who hasn't taken a bath.

**Answer:** Stinkerbell



Why did the  
Banana go to the  
Doctor?

It wasn't Peeling well!

How does the  
Ocean say Hello?

It waves Hello!

What do you call  
a bear with no  
teeth?

A Gummy Bear!