



Milton Keynes North School Sports Partnership

Supporting the delivery of
P.E. and Health & Wellbeing
in schools and in the home

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Be Super!

Activity 1

Waiver

Please ensure that all users of the following resource prepare their own risk assessment and take responsibility for their own and any child's health and safety, this includes ensuring all equipment used is appropriate and safe for the age of the child participating.

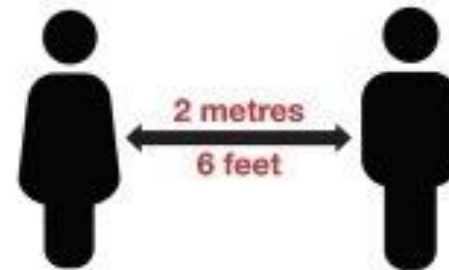
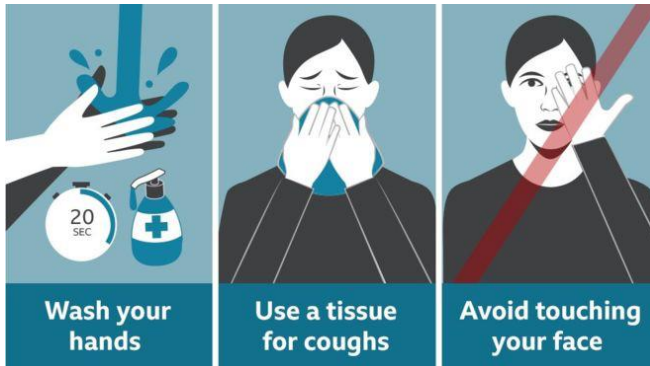
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Covid-19 guidelines

Outside of your household:



Stay at least 2 metres (6 feet) away from other people



MILTON KEYNES NORTH SCHOOL SPORTS PARTNERSHIP



**WHAT CAN WE ALL DO
TO STAY 'SUPER
HEALTHY AND STRONG?'**



Feeling 'Super' good! THINK POSITIVE

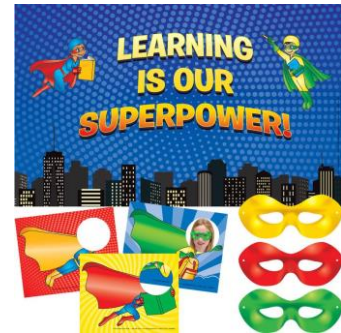


the sun is shining

Think positive... how can we help ourselves to feel good?

Today is a good day... a positive thinker is someone that looks for the good in every situation. A great way to get into the habit of positive thinking is to focus on what is good about today!

What makes you feel good?



I learnt something new today



I did some exercise

Feeling 'Super' good! THINK POSITIVE



What does positive thinking and feeling good mean to you?
Draw a picture of something that made you feel SUPER good today ...



Positive thinking can help turn that frown upside down!



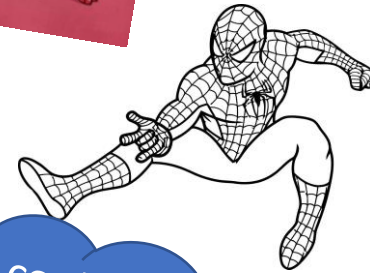
Feeling 'Super' good! THINK POSITIVE



'SUPER' POSITIVE BEHAVIOUR WORD SEARCH

s	e	l	i	s	t	e	n	i	n	g	m
k	m	t	y	c	o	s	u	n	s	r	s
v	p	i	e	a	v	e	d	v	t	j	h
p	a	x	l	r	v	w	y	s	r	u	a
v	t	f	a	i	r	b	g	d	u	x	r
i	h	m	a	n	n	e	r	s	s	d	i
c	y	r	v	g	d	g	a	b	t	y	n
g	m	u	c	t	g	b	p	o	i	i	g
r	t	u	l	o	y	a	l	g	n	e	s
s	u	p	p	o	r	t	i	n	g	u	i
q	n	o	u	m	u	e	w	m	a	l	k
g	t	w	h	v	h	e	l	p	i	n	g

What have you done today that made you feel SUPER good?



Maybe you could draw a picture of the superhero that makes you feel positive?

- smiling
- supporting
- manners
- empathy
- caring
- loyal
- helping
- trusting
- sharing
- listening