









Monday morning manifesto

<p>Something I will do this week to support my friends:</p> 	<p>Something I will do this week to support my school:</p> 	<p>Something I will do this week to support my community:</p> 
<p>This week, I am looking forward to</p> 	<p>This week, I am determined to</p> 	<p>This week, I am not looking forward to</p>
<p>I will respect and look after myself in the following ways</p> 		<p>But I will try to</p>  

Teacher tips

Use this resource to stimulate positive discussion with your students so that they can begin to think positively about the week ahead.

The resource could then be revisited at the end of the week to check progress and celebrate success.

Ideas for students:

<p>Something I will do this week to support my friends: Help *** with their maths work Encourage *** to behave in class Attend a maths revision session with *** Keep a look out for anyone that is feeling sad</p>	<p>Something I will do this week to support my school: Offer to buddy with a new student Pick up 3 pieces of rubbish from the playground Put empty plates away in the canteen Donate a book to the library Help a teacher pack up after lesson</p>	<p>Something I will do this week to support my community: ENSURE SAFEGUARDING PROCEDURES ARE CONSIDERED Help an elderly neighbour with a household task Pick up litter from my local park Smile and say hello to everyone I pass Look into local volunteering opportunities</p>
<p>This week, I am looking forward to Self-explanatory, this might be linked to school or personal life.</p>	<p>This week, I am determined to Have 100% attendance, have a positive attitude in all lessons, go to sleep before 10pm.</p>	<p>This week, I am not looking forward to This could be a lesson, exam, or even something from their personal life. But I will try to Encourage students to think about how they can have a positive attitude</p>
<p>I will respect and look after myself in the following ways Encourage students to think about relaxation, emotional health and mindfulness. This section could be linked to taking time out to exercise or relax, having better nutrition or enjoying a hobby.</p>		