

Glow & Grow Activity

This activity is a fun activity for reflecting, looking forward and thinking of ways to learn new things. As we head into a new school term it's the perfect time to sit down as a family and work together to support each other's goals.

Instructions:

1. Print off the Glow and Grow template below.
2. In the Glow section, reflect on the past few months and write down something you did that made you feel proud of yourself. You might have helped a loved one, learnt something new, or faced a fear – whatever it is, it is something that really made you feel happy and glow.
3. In the Grow section, consider areas you would like to grow, learn or improve on over the coming months. Below are a few examples;
 - Learn a new skill – for example, baking
 - Take up a new hobby
 - Introduce yourself to new people in your class/school
 - Offer to help your teacher
 - Do something nice for a loved one and write down how it made you feel
4. As a family, you can hang your templates in the house where you can see them everyday – by seeing our glow achievements we are reminded that we are always capable of growing and learning.



Glow

A time I felt proud of myself was...

How did being proud make you feel...

Grow

What do I want to learn or work on...

Who can help/support me while I learn and grow....
