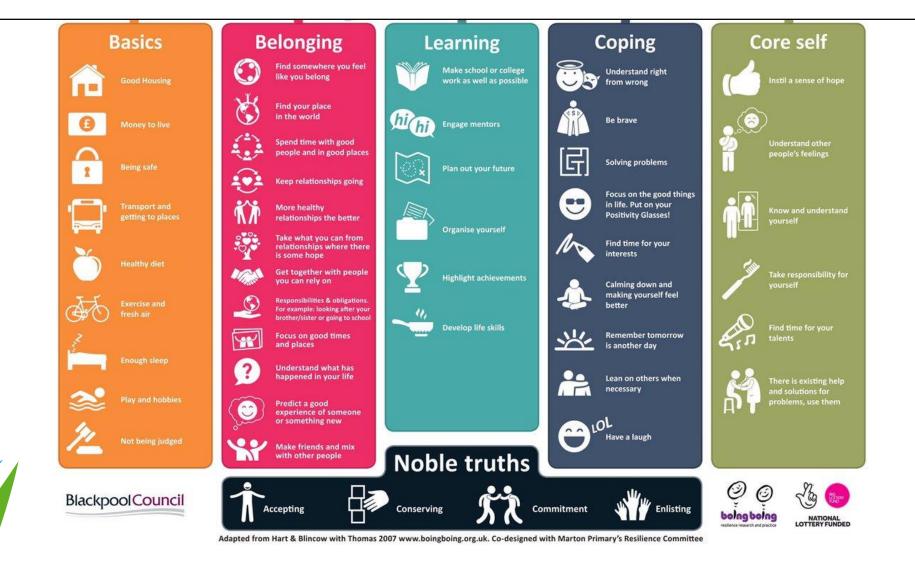


What will be your resilience move this week?



British Values

6th-12th July

Individual Liberty

There may be times when we are judged, or opinions are formed based on our external appearance. It is important for us to think carefully about our own judgements and not to judge others solely on how they look.

- Can you think of any occasions where first impressions don't matter at all?
- Do you ever judge people by their initial appearance? Would you judge someone by the transport they use? Is this the same as judging a representative of a country? Why?
- Discuss the phrase 'never judge a book by its cover'.
 Do you agree? Why?

How important are first impressions?

A red, white and blue paint job on the Prime Minister's plane has recently been revealed. The RAF Voyager is used by the Prime Minister and members of the Royal Family for official visits around the world and was previously coloured grey. An official spokesperson for the government confirmed that the plane received its makeover in Cambridgeshire in the colours of the Union Jack at the cost of £900,000, taken from public funds. Opposition parties and members of the public have indicted the job as a waste of taxpayer money, but the government has insisted the job is good value for money.

This week's news story: <u>www.bbc.co.uk/news/uk-politics-</u> 53082294

> This week's useful video: <u>www.youtube.com/watch?v=x70JmQLkkvY</u>

<u>Kindness Calendar.</u> Kindness

Monday	Kind to the world	Be Kind – watch the Kindness video on you tube here: <u>https://www.youtube.com/watch?v=kAo4-2UzgPo</u>
Tuesday	Kind to others	Set yourself the challenge of doing 5 acts of kindness today, do the washing up or help tidy the kitchen.
Wednesday	Kind to me	Take some time to yourself, this could be just going for a walk or take some exercise. Try to do something that doesn't involve technology.
Thursday	Kind to me	Write a list of things you can do when you think you're bored. Next time you think you have some time on your hands you have a ready made list of things to keep you busy!
Friday	Kind to me	Download the BBC sounds app and listen to a podcast on a category of your choice



Are you staying active?

Send in your logged activity - every activity helps gain points for your house!

Please send responses to r.hegarty@Montgomery.fcat.org.uk





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