

# Mindfulness Time!

Issue Number 1

## Thought for Today

Whether one has natural talent or not, any learning period requires the willingness to suffer uncertainty and embarrassment.  
Gail Sheehy

My rating for this quote = \_\_\_\_\_ /10

NAME: \_\_\_\_\_

TODAY'S JOKE : Wear a watch and you'll always know what time it is. Wear two watches and you'll never be sure.

Grade the joke above: A+ or D- ?

## *My Top Three*

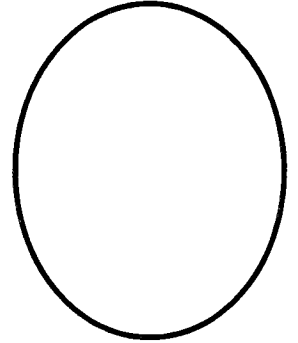
List below your top three 'sports'

1)

2)

3)

Complete this face to show someone laughing



## The Big Question!

*Have you travelled to any different countries? Which ones?*

Make a sentence where each word begins with these letters in order:

O \_\_\_\_\_ K \_\_\_\_\_ T \_\_\_\_\_ R \_\_\_\_\_ F \_\_\_\_\_

List 5 words beginning with the letter H on the topic of 'hobbies'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

***spaceship and Mickey Mouse***

# Mindfulness Time!

Issue Number 2

## Thought for Today

Better to do something imperfectly than do nothing flawlessly.  
Robert Sculler

My rating for this quote = \_\_\_\_\_ /10

NAME: \_\_\_\_\_

## *My Top Three*

List below your top three 'gifts I would give the Queen'

1)

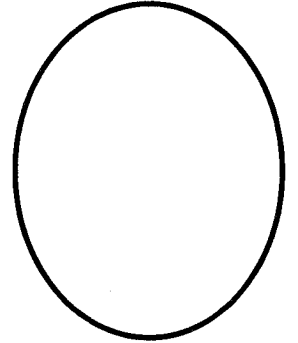
2)

3)

TODAY'S JOKE : The teacher told me I lacked interest in her subject. I can't believe she woke me up to tell me that!

Grade the joke above: A+ or D- ?

Complete this face to show an elf



## The Big Question!

*Who, besides your parents, had the biggest impact on your life?*

Make a sentence where each word begins with these letters in order:

M \_\_\_\_\_ L \_\_\_\_\_ E \_\_\_\_\_ D \_\_\_\_\_ P \_\_\_\_\_

List 5 words beginning with the letter P on the topic of 'hobbies'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

**Scissors and Mickey Mouse**

# Mindfulness Time!

Issue Number 3

## Thought for Today

"A stumble may prevent a fall." ~  
English Proverb

My rating for this quote = \_\_\_\_\_ /10

NAME: \_\_\_\_\_

TODAY'S JOKE : Q. What do you get when you cross a snowman with a vampire? A. Frostbite

Grade the joke above: A+ or D- ?

## *My Top Three*

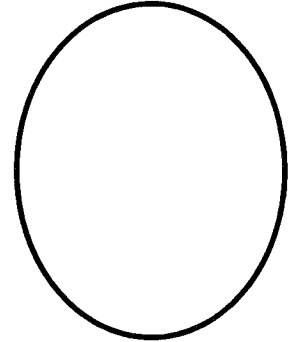
List below your top three 'things to do at the weekend'

1)

2)

3)

Complete this face to show a baby



## The Big Question!

*Have you ever spoke in front of a large group of people? How did it go?*

Make a sentence where each word begins with these letters in order:

K \_\_\_\_\_ P \_\_\_\_\_ L \_\_\_\_\_ P \_\_\_\_\_ J \_\_\_\_\_

List 5 words beginning with the letter K on the topic of 'Spanish words'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

**Toothpaste  
and eyes**

# Mindfulness Time!

Issue Number 4

NAME: \_\_\_\_\_

TODAY'S JOKE : Why did the one handed man cross the road? To get to the second hand shop

Grade the joke above: A+ or D- ?

## Thought for Today

Expecting something for nothing is the most popular form of hope.  
Arnold Glasow

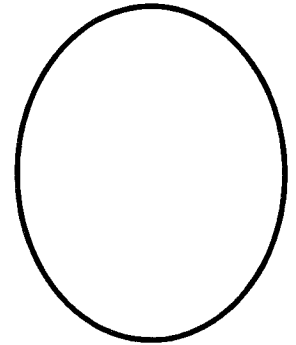
My rating for this quote = \_\_\_\_\_ /10

## *My Top Three*

List below your top three 'things I like about America'

- 1)
- 2)
- 3)

Complete this face to show a cyclops (one eyed giant)



## The Big Question!

*Which subject do you wish was a little easier? Why?*

Make a sentence where each word begins with these letters in order:

D \_\_\_\_\_ K \_\_\_\_\_ R \_\_\_\_\_ M \_\_\_\_\_ R \_\_\_\_\_

List 5 words beginning with the letter B on the topic of 'items that will fit in a matchbox'

- 1)
- 2)
- 3)
- 4)
- 5)

Draw a picture that combines these two words!

*the Queen and monkey*

# Mindfulness Time!

NAME: \_\_\_\_\_

TODAY'S JOKE: All I ask is a chance to prove money can't make me happy.

Grade the joke above: A+ or D- ?

Issue Number 5

## Thought for Today

It is always wise to look ahead, but difficult to look further than you can see. Churchill

My rating for this quote = \_\_\_\_\_ /10

## *My Top Three*

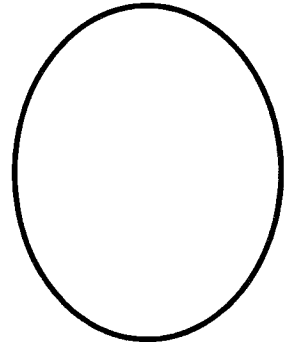
List below your top three 'social media'

1)

2)

3)

Complete this face to show someone who is full of joy



## The Big Question!

*Which sport is the most exciting to watch? Which is the most boring to watch?*

Make a sentence where each word begins with these letters in order:

J \_\_\_\_\_ G \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ O \_\_\_\_\_

List 5 words beginning with the letter S on the topic of 'items that will fit in a matchbox'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

***giraffe and  
Hair brush***

# Mindfulness Time!

NAME: \_\_\_\_\_

TODAY'S JOKE : What carries around a sack and eats people?  
Santa Jaws

Issue Number 6

## Thought for Today

"Defeat never comes to any man until he admits it." ~ Josephus Daniels

My rating for this quote = \_\_\_\_\_ /10

## *My Top Three*

List below your top three 'dog breeds'

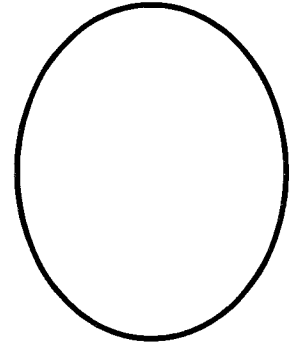
1)

2)

3)

Grade the joke above: A+ or D- ?

Complete this face to show someone laughing



## The Big Question!

*What restaurant do you eat at most?*

Make a sentence where each word begins with these letters in order:

K \_\_\_\_\_ A \_\_\_\_\_ J \_\_\_\_\_ L \_\_\_\_\_ A \_\_\_\_\_

List 5 words beginning with the letter F on the topic of 'boys names'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

**Vampire and Door**

# Mindfulness Time!

Issue Number 7

## Thought for Today

"Successful men are influenced by desire for pleasing results. Failures are influenced by desire for pleasing methods." ~ Frank E. Brennan

My rating for this quote =      /10

NAME: \_\_\_\_\_

TODAY'S JOKE: Went to the corner shop - bought 4 corners.

Grade the joke above: A+ or D- ?

## *My Top Three*

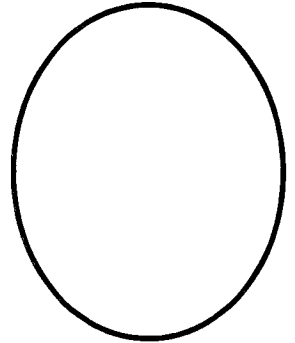
List below your top three 'things I would buy first if I won £1000'

1)

2)

3)

Complete this face to show someone wide awake!



## The Big Question!

*What is the most useful app on your phone?*

Make a sentence where each word begins with these letters in order:

C \_\_\_\_\_ L \_\_\_\_\_ A \_\_\_\_\_ O \_\_\_\_\_ M \_\_\_\_\_

List 5 words beginning with the letter P on the topic of 'people from history'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

**octopus and dog**

# Mindfulness Time!

Issue Number 8

## Thought for Today

Whether one has natural talent or not, any learning period requires the willingness to suffer uncertainty and embarrassment.  
Gail Sheehy

My rating for this quote = \_\_\_\_\_ /10

NAME: \_\_\_\_\_

TODAY'S JOKE: Why was the broom late? It over swept!

Grade the joke above: A+ or D-?

## *My Top Three*

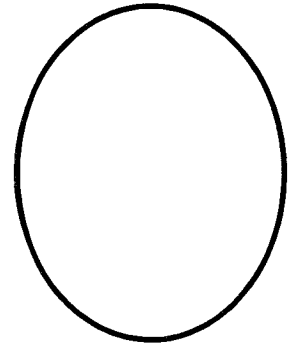
List below your top three 'actors or actresses'

1)

2)

3)

Complete this face to show someone who is confused



## The Big Question!

*Who had the biggest impact on the person you have become?*

Make a sentence where each word begins with these letters in order:

T \_\_\_\_\_ P \_\_\_\_\_ P \_\_\_\_\_ G \_\_\_\_\_ T \_\_\_\_\_

List 5 words beginning with the letter D on the topic of 'sports'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

**Cat and  
Hamburger**



# Mindfulness Time!

Issue Number 9

NAME: \_\_\_\_\_

TODAY'S JOKE : I wondered why the Frisbee was getting bigger, and then it hit me.

Grade the joke above: A+ or D- ?

## Thought for Today

"Successful men are influenced by desire for pleasing results. Failures are influenced by desire for pleasing methods." ~ Frank E. Brennan

My rating for this quote = \_\_\_\_\_ /10

## *My Top Three*

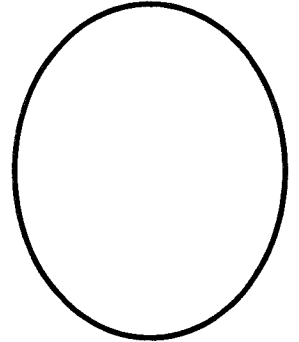
List below your top three 'songs'

1)

2)

3)

Complete this face to show Mickey Mouse



## The Big Question!

*Which subject do you wish was a little easier? Why?*

Make a sentence where each word begins with these letters in order:

N \_\_\_\_\_ F \_\_\_\_\_ E \_\_\_\_\_ E \_\_\_\_\_ H \_\_\_\_\_

List 5 words beginning with the letter M on the topic of 'science'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

***giraffe and  
Lightning***

# Mindfulness Time!

Issue Number 10

NAME: \_\_\_\_\_

TODAY'S JOKE : What do sheep do on sunny days? Have a baa-baa-cue

Grade the joke above: A+ or D- ?

## Thought for Today

"If A equal success, then the formula is A equals X plus Y and Z, with X being work, Y play, and Z keeping your mouth shut." ~ Albert Einstein

My rating for this quote = \_\_\_\_\_ /10

## *My Top Three*

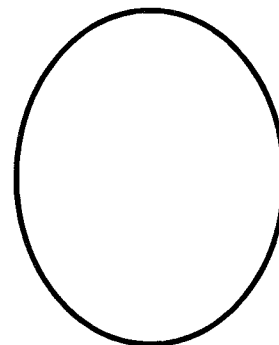
List below your top three 'food that I really dislike!'

1)

2)

3)

Complete this face to show how you are feeling today



## The Big Question!

*What is your favourite food?*

Make a sentence where each word begins with these letters in order:

W \_\_\_\_\_ D \_\_\_\_\_ H \_\_\_\_\_ R \_\_\_\_\_ M \_\_\_\_\_

List 5 words beginning with the letter G on the topic of 'items bigger than a car'

1)

2)

3)

4)

5)

Draw a picture that combines these two words!

***the Moon and Lightning***