Dampier Street & Year 11 – Thrive Activities & Edge – Mark McKnight

Daily Work Log

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| **Date** | **Work & Activities** |
|  | Image result for loric pixl edge  Resilience  Resilience should be the word of the month at the moment. All of us are digging deep to stay well and upbeat in these uncertain times.  Most of you have written up something for PiXL Edge so far. I would like you to think of one thing you have done recently that has taken resilience.  It could be:   * Answering an exam style question * Completing and submitting a college application * Doing a job (DIY, building project etc) at home * Completing a 1000 piece jigsaw!  Step 1: Write down the activity you did: [one sentence] Step 2: Describe your activity: [3 sentences describing **what** you **will do** and **how** you **will do** it.] Step 3: Evaluation: [4 Sentences describing how completing this activity helped improve your ***resilience.*** You can use these starters:   * *During this activity, I had to overcome…* * *I had to adapt the way I …* * *I showed that I am resilient by…* * *This activity developed my problem-solving skills because…* * *The skills I need to improve are…*   Please email your completed reflection to Mark at [mmcknight@educ.somerset.gov.uk](mailto:mmcknight@educ.somerset.gov.uk)  Look forward to reading them! |
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