

8. Kete Contributions

Term.....Year

Library.....

Repeat Read Aloud Programme

Accessing & building community



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| <p>Gratitude</p> | <p>Have you read the research on gratitude? You are invited to write out things you are grateful for if you wish to join into this practice. Also you are invited to jot down any experiences that may arise from this practice. These experiences are personal and confidential to you and if you wish to share any of them with the group they will be appreciated as fabulous contributions to the Kete. We hope you enjoy the numerous opportunities we have to say thank you each and every day.</p> | <p>1</p> |
| <p>Reducing Recycling Repairing Re-using</p> | <p>Please take notes. Jot down ideas or complete homework suggestions. This week we suggest listing way to practise the 4 R's: reduce, re-use, recycle and repair. Feel welcome to continue with gratitude reflections if you wish.</p> <p>How does our community help us to achieve the 4Rs? Do you have any suggestions that could improve the way our community works together to achieve the 4 Rs?</p> | <p>2</p> |
| <p>Smiling and Greeting</p> | <p>Practise smiling and greeting people in the community. If you find smiling easy you could add some difficult smiling challenges eg. Smiling to an unfriendly person! Did they smile back? Any experiences for the Kete will be gratefully accepted.</p> <p>Did you have a go at smiling and greeting more people than unusual this week? How did you feel? Jot down any smiling practices you experimented with including the results. Did you have any interesting experiences?</p> | <p>3</p> |
| <p>Train Yourself</p> | <p>Asking question in the community can be challenging. Time-keeping is challenging for the author of these notes! What do you find challenging? Choose one aspect that you would like to train yourself in this week. Let us know how it goes. Have fun and good luck! Jot down how it goes.</p> | <p>4</p> |

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| Using Positive Self-talk and Positive-to-others talk | <p>Today you told us a little more about yourselves. It would be great if you would write a few sentences about yourself for the Kete. Any experiences related to the effects of positive words would be gratefully received too! Have a great week.</p> <p>Words have power. Positive words create positive vibrations. Collect positive words for your own use of for the Kete. Please share any experiences related to the power of words.</p> | 5 |
| Look for the Positive | <p>Look for a positive news story or experience to bring to the Kete next Session.</p> | 6 |
| Share your Personal Experience | <p>Bring along your favourite nursery rhyme or write down a childhood memory to bring to the Kete next Session.</p> | 7 |
| Practise the 1,2,3 Method (fun, relax, do lots) in the community | | 8 |
| Express your Opinion | <p>Please prepare 2-3 sentences to share (verbally) about a book, a favourite page, or offer any personal opinion about any aspect of a book.</p> | 9 |
| Bring Something | <p>Bring something (eg a favourite recipe) from your culture to share with the group. Alternatively you may bring something you are proud of to show to the group.</p> | 10-12 |