

Scavengers: Create your own Hinterland

We hope you're enjoying Scavengers. You can use this sheet to draw, paint or doodle what you imagine Hinterland looks like. Think of some words or phrases to describe Hinterland and include them around your picture. You might like to think about Hinterland's climate, language spoken there and best attractions!

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Circle of Control

Thinking about things you can and can't control in life can help you handle your emotions and anxiety, and feel more in control of the way you feel. Try doing this worksheet.

1.

In Circle of Concern (the outer circle), you could write about school exams or studies pressures, worrying things in the news and anything around you causing stress which you don't have control over.

2.

In Circle of Influence (the middle one), you could write about your friends, family and teachers. But you can also include activities and other things, which you could influence by your actions, like school performance and how well your team is going to play in a football match.

3.

In Circle of Control (the inner circle), you could mention things like the food you eat, the way you behave towards other people and the effort you put into your work.

4.

Try to focus your thoughts on the things you can control and influence. Try not spend too much time on the things in the outer circle that you have no control over.

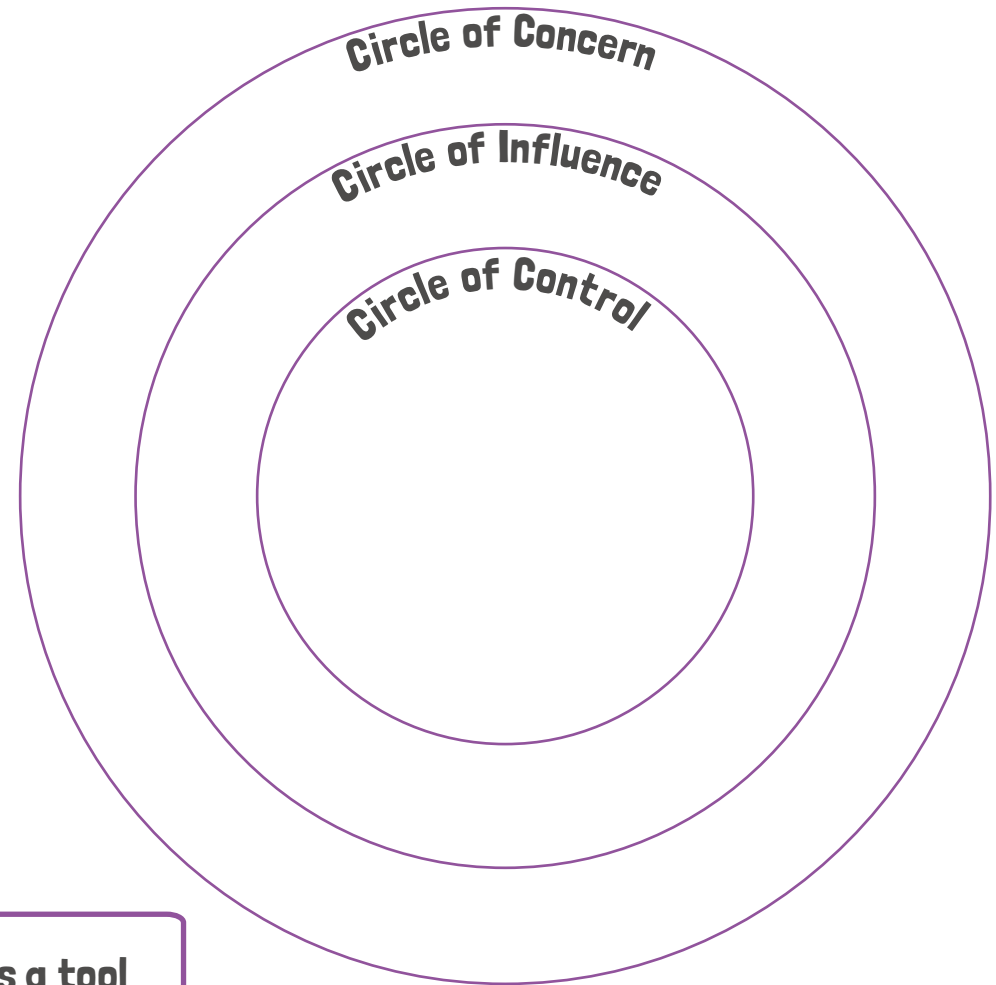
This is a great way to express what you are feeling and is a tool to use when asking for help in how to deal with your concerns.

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Who would you invite?

You are hosting a dinner party and you have 3 guests you are allowed to invite, you can invite anyone from around the world or even people from our history! Who will you choose?

PewDiePie

Dua Lipa

Greta Thunberg

Marcus Rashford

Millie Bobby Brown

Winston Churchill

Stormzy

What would you ask them? About their lives? About their career?
About their hobbies? What would you serve them to eat?

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