

# How To Have An A.C.E Day!

CONQUERING LIFE IN LOCKDOWN



Designed by Dr. Abbie Tolland and Claire Murphy with acknowledgment to Dr. Andrew Beck

# What does A.C.E stand for?

ACHIEVEMENT

CONNECTION

ENJOYMENT



# How can A.C.E help me?

Science tells us that when we achieve things, connect with our friends and family and do things we enjoy... it makes us feel good!

It also helps us plan for the day ahead so we can feel safe.

We need to try and achieve, connect and enjoy things every single day to keep ourselves well!



**Everyone's  
A.C.E plan will  
be different  
because we are  
all different!**





# ACHIEVE

Achievement means to succeed at something.

What are the children in these pictures achieving?





# CONNECT



Connection means to share some time with other people, nature and animals.

What are the children in these pictures doing to connect with others?

Can you think of anything else you can do to connect?





**ENJOY**



To enjoy means  
to do something  
that you love.  
What do you love  
to do?



What are your  
favourite things  
to do?





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Remember, we  
need to try and  
achieve, connect  
and enjoy things  
**EVERY SINGLE  
DAY** to keep  
ourselves well!



# What happens now?

Now it's time for you to make your own A.C.E card!

The next few slides will show you some awesome examples that children have already made.

The examples will give you inspiration but, if you find it tricky to make a start, there are also some 'scaffolds' to help you out.

Have fun making your A.C.E card!







Look at how this A.C.E card has been decorated? How do you feel when you look at it?

How does this child like to connect with others?

o. j h i c a t p j o n n e t	7 v t n
<p>ow L k k i +</p> <p>happy Face ☺</p> <p>are ✖</p> <p>Patting my clothes away</p> <p>Learning to piano</p> <p>School work</p> <p>French</p> <p>Sewing</p> <p>Science</p> <p>Cosmic yoga</p>	<p>Zoom play with my best friends</p> <p>Playing with mummy</p> <p>Playing with my brothers</p> <p>Stories with my books</p> <p>Training Poppy</p> <p>Talking on the phone</p> <p>Making things for my friends</p> <p>Gardening</p> <p>Knit</p> <p>Spw</p> <p>m p i v e</p> <p>FOOTBALL</p> <p>Cricket</p> <p>Cakes</p> <p>Legs</p> <p>Being in the go</p> <p>Being in the net</p> <p>Playing with my</p> <p>Singing</p> <p>Gardening</p>





Look at how intricate this front cover is!




What does this child enjoy?  
Do you have anything in common?

Achievement	Connection	Enjoyment
Practice Entertainment Practice a 5 min workout Work Put tidy room Cricket French Sing Washing cars	Talking to friends Family on phone Reading with mum talking to mum WhatsApp playing with Poppy and Sam talking Poppy for a walk	cricket nets talking to friends walking the dog reading Washing car water sight Lego Minecraft Scratch Sing














# My A.C.E Plan!










Things I like to achieve...	Ways I like to connect...	Things I enjoy...
 A blue icon of a ribbon award, symbolizing achievement.	 A blue icon showing three stylized human figures connected by lines, representing social connection.	 A blue icon of a smiling face, representing enjoyment or happiness.

**If it's super hard  
to decide what to  
do on your own,  
these plans might  
give you some  
ideas...**

Today is .....

Today I am going to <b>achieve</b> ... 	Today I am going to <b>connect</b> by ... 	Today I am going to <b>enjoy</b> ... 
<div data-bbox="191 535 343 578">EITHER</div> <div data-bbox="394 564 662 863"></div> <div data-bbox="191 878 267 921">OR</div> <div data-bbox="377 963 682 1306"></div>	<div data-bbox="886 535 1039 578">EITHER</div> <div data-bbox="1006 592 1485 892"></div> <div data-bbox="886 878 963 921">OR</div> <div data-bbox="998 942 1485 1306"></div>	<div data-bbox="1651 535 1803 578">EITHER</div> <div data-bbox="1783 606 2237 906"></div> <div data-bbox="1651 878 1727 921">OR</div> <div data-bbox="1783 963 2237 1285"></div>

Today is .....

Today I am going to <b>achieve</b> ... 	Today I am going to <b>connect</b> with ... 	Today I am going to <b>enjoy</b> ... 
<p>EITHER</p>  <p>OR</p> 	<p>EITHER</p>  <p>OR</p> 	<p>EITHER</p>  <p>OR</p> 





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# Have an A.C.E day!