



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?



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!

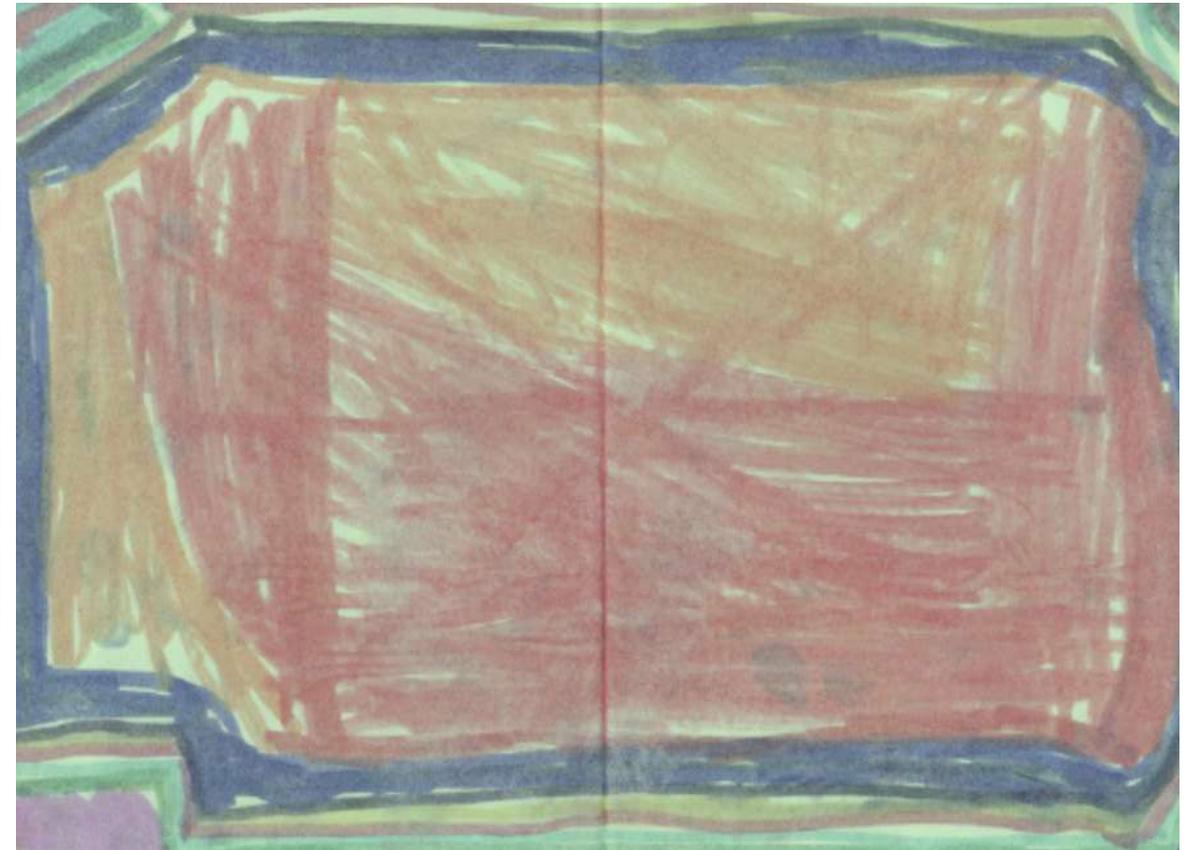
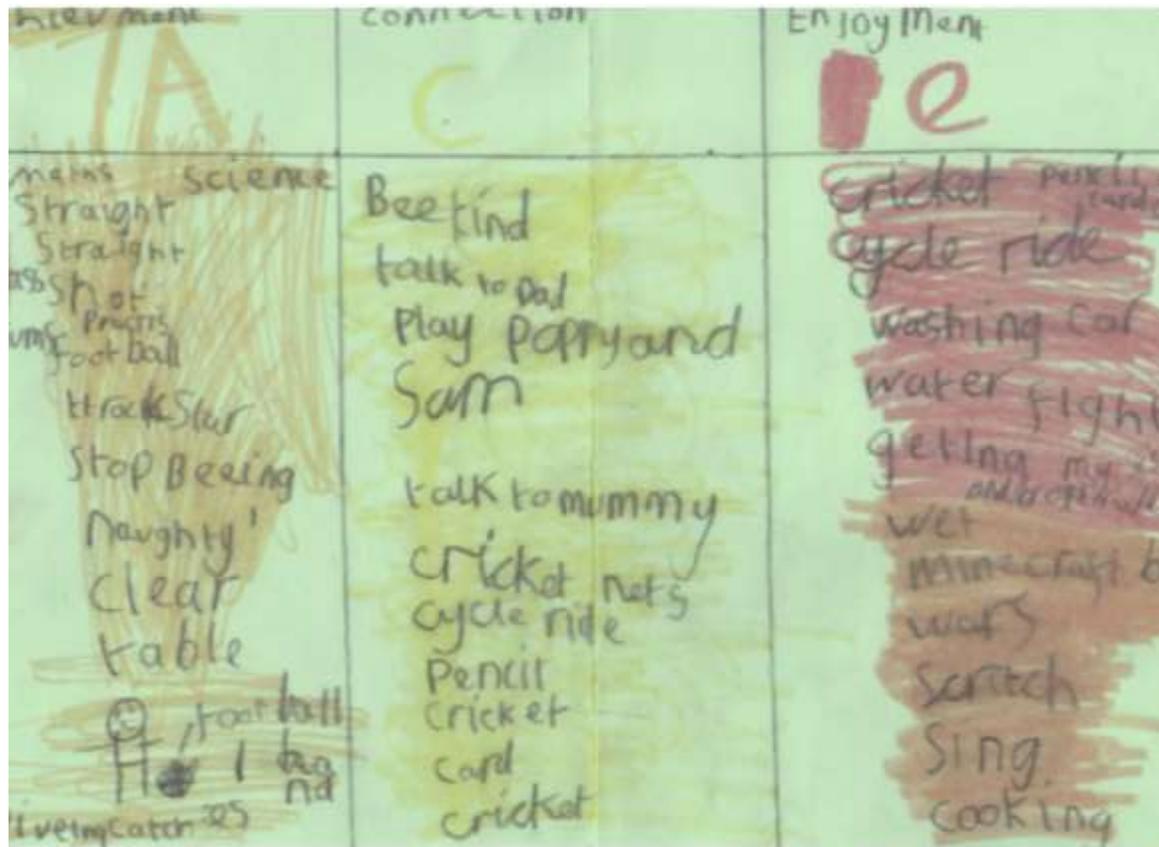
The next few slides will show you some awesome examples that children have already made.

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!



Can you make your A.C.E card as colourful as this?





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?

<p>0.2 Hicetp jonnent</p> <p>ow L kkit+ </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>Coomic yoga</p>	<p>Zoom play with my best friends</p> <p>Playing with mummy</p> <p>Playing with my sisters</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>7 ut n</p> <p>Knit</p> <p>Spw</p> <p>m pite</p> <p>FOOTBALL</p> <p>pick KEB</p> <p>Cakes</p> <p>Legs</p> <p>Being in the go</p> <p>Being in the her</p> <p>Playing with my</p> <p>Singing</p> <p>Gardening</p>
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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 moment work Put tidy room cricket French Sing Washing care	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.

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

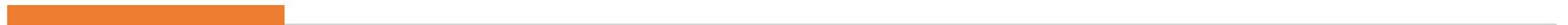


Today is

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

Today is

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



Have an A.C.E day!