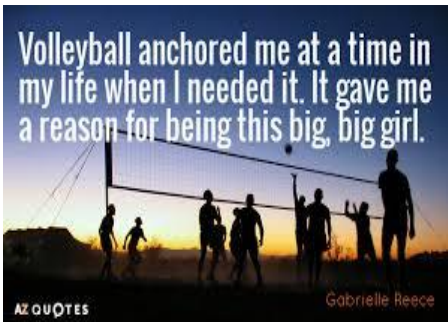


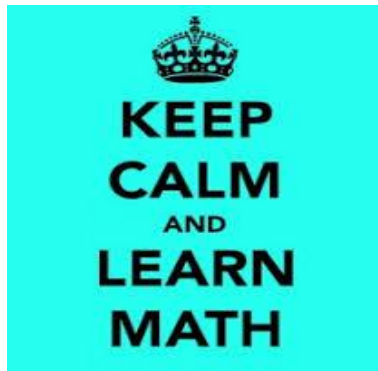
I'm getting a bit more used to the routine in here, but I'm still feeling homesick - But here are my thoughts on some positive things that I can do while I'm in here.

For me: being in prison gave me the first 'time to myself' that I'd ever really had to myself since I'd become an adult. On the outside with children, family & all the pressures of 'life' we don't get a lot of time to stop, think & plan. Come up with 2 or 3 things that you'd like to achieve. As an example: the first time I was inside I did year 1 to year 8 math. Or perhaps you're not a strong reader? A goal might be to read a whole book through. Perhaps start with something like Harry Potter & the philosophers stone? Why? because it's fun & perhaps you can encourage your child to read it chapter by chapter with you. Or perhaps you want to do something physical like learn to play volley-ball or table-tennis?

Empty rectangular boxes for writing responses.

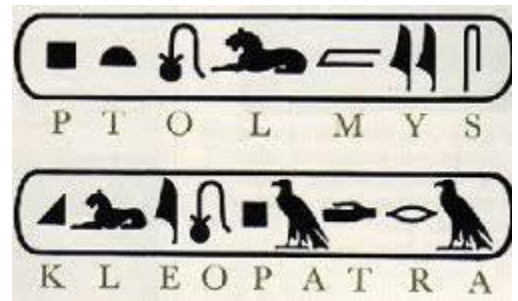
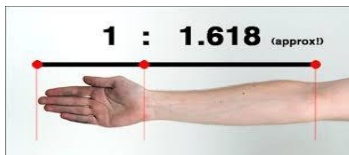


### Become a star Athlete



What is the golden ratio in nature?

The golden ratio is about 1.618, and represented by the Greek letter phi, Φ. ... The golden ratio is sometimes called the "divine proportion," because of its frequency in the natural world. The number of petals on a flower, for instance, will often be a Fibonacci number.



What about learning about ancient Egypt & some hieroglyphs?

When a name was circled like the two above - they were called cartouches. Only Royals could have their name circled in a cartouche.



Photo: Cartouche of Tuthmose III

**This is my positive tree:** Draw a big tree with some good-sized healthy branches. In or on each branch draw something positive that represents you & the goals you want to achieve while your inside - have fun with this & write in inspirational messages to your child. Perhaps work on a draft on a separate bit of paper first.

## These are 3 reasons why I love you SO much!

You give me hugs, you make me feel special, you encourage me, you make me feel happy, I love hearing your voice, you are my favorite person in the world. Talk about their special qualities.

1

2

3

## These are my goals for the next week:

Think & pray for you every-day, keep myself positive, write in my diary every-day. Try to eat healthily & get some exercise, find a good book to read & work on my drawing skills!

# I Love you Always



*The Opal Place - Our Place of Inspiration*

[www.theopalplace.co.nz](http://www.theopalplace.co.nz) \* Postal: Po Box 178, Hawera 4640, New Zealand

**Have you heard of the Olympic Games?** If you wanted to, you can decide now to one-day represent your country at the Olympic Games. You just need to make yourself a plan & stick to it - because you are capable (capable means: that you have the ability to be able to achieve what-ever goals you set for yourself)

**Can you draw your mum or dad a picture of yourself playing your favorite sport or getting awarded a gold medal at the Olympics?**

