

## Detention Work 1

Think and write about the following:

1. Make a timetable of your morning and afternoon activities. Make sure you show how much time you spend doing your homework.
2. Looking at your timetable, write down how much time at school and at home you spend on each subject.
3. Write a list of all the subjects you do, leaving at least three lines underneath each heading.
4. Write down for each subject, two strengths you have and write down two things you would like to improve in each subject.
5. Write a list of tips or reminders for how you can work to improve your school work. (The list should be at least five items long.)
6. Write a list of tips or reminders for how you can make sure you don't end up in detention again. (The list should be at least five items long.)
7. Write a plan for how you are going to keep up to date with your homework, especially mention any changes to your timetable.
8. How did you handle telling your parents about your detention? (+- 40 words)
9. How did you feel when you told them? (+- 40 words)
10. What things do you do that make you feel proud of yourself?
11. Are there things that you do that make you feel ashamed?
12. If yes, how can you change your behaviour to prevent you from doing those things?

## Detention Work 2

Think and write about the following:

1. Write down the first 7 words that come into your head when you think of school.
2. Write down the first 7 words that come into your head when you think about homework.
3. Write down the first 7 words that come into your head when you think about school friends.
4. Make a list of your 5 closest school friends. Write down three things you know about each of them.
5. Make a list of 5 other school friends that you aren't very close with. Write down three kind things you know about each of them.
6. What about school do you like the most. List 5 things.
7. What about school do you dislike the most. List 5 things.
8. Give reasons why for questions 6 and 7.
9. Try to think of ways that could make the things you dislike about school better. (+- 40 words)
10. What can you do to make your experience of school better? (+- 40 words)
11. What else in your life do you enjoy doing? Write why you enjoy them.
12. What else in your life do you dislike doing? Write why you dislike doing them.
13. Looking at the balance between likes and dislikes in your life, do you feel you have more likes than dislikes?
14. If yes, make a list of things to be grateful for.
15. If no, how can you work with your situation to make your experience of life better? (+- 40 words)