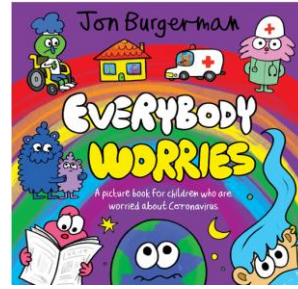


Draw a picture of someone that means a lot to you.

Can you write a sentence to explain why?

E-Book (Picture book) – Everybody Worries



<https://home.oxfordowl.co.uk/bookshop/jon-burgerman-everybody-worries-free-ebook/>

Being healthy

Draw pictures of foods which are good (healthy) for you.

I wonder... can you try a NEW food which you haven't tried before? Don't forget to send a picture to us!

Kindness

What Is Kindness?

Kindness is:

- Being friendly
- Looking after other people
- Helping people
- Being nice to others



Draw 3 pictures of 3 things you can do to be kind to someone.

Can you write a sentence underneath each one?

Being proud...

Talk to an adult about all of the things you are proud of.

What have you done, either at school or at home, which you are happy with

Calm corner

Create a calm corner in your bedroom or somewhere else in your house, which you can use if you want to relax or be calm!

What will you put there?

Being thankful

There are lots of people who are kind and help us in our lives.

Draw a picture of someone you are thankful for.



Draw a flower like this one. In each petal, write something good about yourself. It is important we appreciate ourselves 😊

My favourite place...

Draw a picture of your favourite place. Write a description of *why* it is your favourite place.

Meditation for children:

<https://www.youtube.com/watch?v=DW0HcGF1Tmc>

<https://annakaharris.com/mindfulness-for-children/>

Do this exercise circuit

- Run on the spot for 10 seconds
- 10 star jumps
- Hopping for 10 seconds

<https://www.gonoodle.com/>

<https://www.bbc.co.uk/teach/supermovers>

Joe Wicks Youtube:

<https://www.youtube.com/channel/UCAxW1XT0iEJoOTYlRfn6rYQ?safe=true>

How do you feel?

PSHE Videos (KS1)

<https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7>

Health and Hygiene activities:

<https://www.childfun.com/themes/people/health-and-hygiene/>

Self-care exercises and activities:

<https://www.childline.org.uk/toolbox/calm-zone/>



ClassDojo

<https://ideas.classdojo.com/>

Download the QR reader app...

Rainbow Breathing

Practice Rainbow breathing by watching the fun link below!



Mindfulness Calm Down

Watch the video below to help you calm down and regain control.

