

FEEL SAFE, FEEL HAPPY

All About YOU!

Share some information about yourself and let's find out about each other!

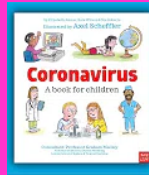


Write your worries away!
Write your worries down & put them in a jar. Discuss them with friends and find solutions together. Tear them up if you can make them go away!



Story Time Fun

Read some of these amazing well-being stories and talk about them.



Bubble Fun

Can you mix some bubble mixture? Can you make a bubble snake? Listen to the relaxing, bubbly sounds.

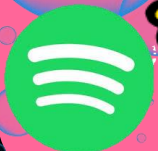
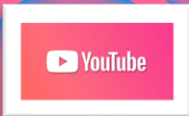


Can you create a bubble painting of crayon picture?



Playlist Party!

Choose some favourite songs and create a playlist together! Can you learn a new song as a group? Here are some ideas.....



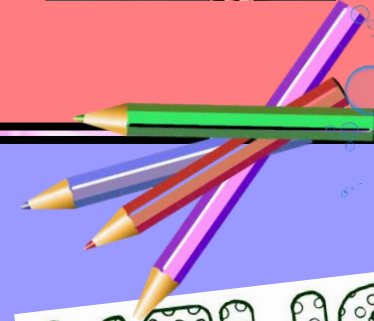
Cotton Bud Shapes

Relax and unwind and use the cotton buds to create a dotty painting.



Name is the game!

Draw your name in large bubble writing or print it off in a fancy font! Write LOTS of words all about you inside or around your name in lots of different colours.

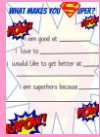


MELISSA

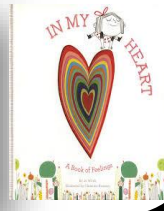
HelloKIDS

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Superheroes
Design your own superhero! Give them amazing powers and a colourful cape!

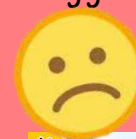


Perfect Posters!
Decorate a poster and create your own quote that we can repeat every day to make us feel happy! Read this story too...



Smile or Frown!

Can you all make a list of things that make you smile and things that make you sad. How can we solve any problems and make people stop worrying for a while? Can you also think of lots of different words for each emotion?



Feeling Words		
	HAPPY	
	ANGRY	
	STRONG	
	ENERGIZED	
	CONFIDENT	
	DISAPPOINTED	
	GRATEFUL	
	WORRIED	
	AMUSED	
	FRUSTRATED	
	DETERMINED	
	DISCOURAGED	
	CONTENT	
	DISGUSTED	
	JOYFUL	
	UPSET	
	LOVING	
	WEEPY	
	AMUSED	
	DISGUSTED	
	JOYFUL	
	UPSET	
	LOVING	
	WEEPY	
	AMUSED	
	DISGUSTED	
	JOYFUL	
	UPSET	
	LOVING	
	WEEPY	

Use your Senses!
Go on a relaxing senses walk with a friend and record what you can hear, see, smell and touch!

MY SENSES WALK

WHAT CAN YOU SEE?

WHAT CAN YOU HEAR?

WHAT CAN YOU SMELL?



Mindfulness Colouring
Put on some relaxing tunes and colour away!

Yoga / Tai Chi
Visit these websites to chill.....



Proud Clouds

Write down reasons that you are proud onto clouds and display them on the window! Read them and smile!

