



Pick some activities and videos to watch over the course of the week to help you express yourself and keep calm.

<p><u>What helps you?</u></p> <p>What do you do when you are feeling sad or angry? What helps you?</p> <p>Draw an apple tree and write down ways that help you and things you can do on the apples.</p> <p>Examples: Talking to a friend Taking 5 deep breaths Exercise</p>		<p><u>My Happy Place</u></p> <p>Where is your happy place? It could be somewhere in your house, somewhere you go for a day trip or somewhere you have been on holiday.</p> <p>Draw a picture of this place and explain why it makes you happy.</p>	<p><u>What is mental health?</u></p> <p>https://www.youtube.com/watch?v=nCrjevX3-Js&feature=emb_logo</p>	<p><u>How can you be a good listener?</u></p> <p>Listening to one and other is a way of showing that we care. Make a poster to help give some top tips about how to be a good listener.</p>
<p><u>Identify</u></p> <p>Things that make me feel...</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 80px; height: 80px; display: flex; flex-direction: column; justify-content: center; align-items: center; margin-right: 20px;"> <p style="margin: 0;">Emotion:</p> <hr style="width: 80%; margin: 5px 0;"/> </div> <div style="border: 1px solid black; width: 80px; height: 80px; margin-right: 20px;"></div> </div> <ul style="list-style-type: none"> When? What happened? Who? Why did you feel this way? What can we do to help us deal with this emotion? 	<p><u>Art</u></p> <p>Express yourself – in how many different ways can you express your emotions? Drawing – splashing paint or taking your pencil for a walk? Sports - Dancing, running, football. Music – singing, dancing Being creative in other ways</p>	<p><u>Writing</u></p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself:</p> <p style="text-align: center;">A letter about how I'm feeling</p> <p>Dear _____</p> <p>I have been feeling _____</p> <p>I have been feeling this way because _____</p> <p>I have also been feeling _____</p>	<p><u>A-Z</u></p> <p>Can you name an emotion for each letter of the alphabet?</p> <p>Can you write an A-Z of things you love?</p>	<p><u>Talking Time</u></p> <p>Find some time to talk to someone you love and trust. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p><u>Do something you love!</u></p> <div style="background-color: #ADD8E6; padding: 10px; text-align: center; margin-bottom: 20px;"> <p>Doing the things you love will make you feel happy. Like riding your bike, playing with friends or sliding down rainbows!</p> </div> 	<p><u>Your Best Qualities</u></p> <p>You are a very special and unique person with many special, positive qualities. Can you write down as many of these as you can?</p> <p>Examples: I am brave. I am a good friend.</p>	<p><u>Random Acts of Kindness</u></p> <p>https://www.randomactsofkindness.org</p> <p>Scroll to the bottom where you will find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p>	<p><u>Cool down corner</u></p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p>https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae?activity=video&step=1</p>	<p><u>Happiness Box</u></p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p>https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&step=1</p>