

<p align="center"><u>Art</u></p> <p><b>Express yourself</b> – in how many different ways can you express your emotions?  <b>Drawing</b> – splashing paint or taking your pencil for a walk?  <b>Sports</b> - Dancing, running, football.  <b>Music</b> – singing, dancing  <b>Being creative in other ways</b></p>	<p align="center"><u>How do I?</u></p> <p>What do you do when you're feeling sad or angry? What helps you?          What do you do when you're feeling happy or proud?          Remember these bits of advice for when a friend might need them.</p>	<p align="center"><u>A-Z</u></p> <p>Can you name an emotion for each letter of the alphabet?</p>	<p align="center"><u>What is mental health?</u></p> <p><a href="https://www.youtube.com/watch?v=nCrjev3-Js&amp;feature=emb_logo">https://www.youtube.com/watch?v=nCrjev3-Js&amp;feature=emb_logo</a></p>	<p align="center"><u>How can you be a good listener?</u></p> <p>Make a poster to help give some top tips about how to be a good listener.</p>
<p align="center"><u>Identify</u></p> <p align="center"><b>Things that make me feel...</b></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 align="center"><b>Emotion:</b></p> <hr style="width: 80%;"/> </div> <div style="border: 1px solid black; width: 80px; height: 80px;"></div> </div> <ul style="list-style-type: none"> <li>• When?</li> <li>• What happened?</li> <li>• Who?</li> <li>• Why did you feel this way?</li> <li>• What can we do to help us deal with this emotion?</li> </ul>	<p align="center"><u>Identify part 2</u></p> <p>Take some time to reflect: Can you pin point the 'trigger' for your emotion. For example: <i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p align="center"><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 align="center">A letter about how I'm feeling</p> <p>Dear _____</p> <p>I have been feeling _____</p> <p>_____</p> <p>I have been feeling this way because _____</p> <p>_____</p> <p>I have also been feeling _____</p>	<p align="center"><u>Journaling</u></p> <p>Start journaling – you could write about anything you like!</p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> Do you have a favorite place? Tell about it.         </div> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> If you could live anywhere in the world, where would you pick?         </div> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> What have you learned about being a friend?         </div> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> If you could meet any character from a book, who would it be?         </div> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> What do you like to daydream about?         </div> <div style="border: 1px solid black; padding: 2px;"> <b>My Journal</b> Who is your best friend, and why do you like him or her?         </div> </div>	<p align="center"><u>Talking Time</u></p> <p>Find a time to turn off all devices and talk. 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><b>Emotion Tracking</b></p> <p align="center"><b>Emotion chart</b></p> <div style="border: 1px solid black; padding: 10px;"> </div>	<p align="center"><u>Letting off Steam</u></p> <p>What do you need to do when you feel like you need to explode?          What strategies can you do in the classroom that is respectful? What strategies can you use when you're at home to let go?</p>	<p align="center"><u>Random Acts of Kindness</u></p> <p><a href="https://www.randomactsofkindness.org">https://www.randomactsofkindness.org</a></p> <p>Scroll to the bottom where you'll find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p>	<p align="center"><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><a href="https://classroom.thenational.academy/lessons/cool-down-corner-6hikae?activity=video&amp;step=1">https://classroom.thenational.academy/lessons/cool-down-corner-6hikae?activity=video&amp;step=1</a></p>	<p align="center"><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><a href="https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&amp;step=1">https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&amp;step=1</a></p>

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