

Monday

We have lots of emotions and different situations can make us feel different ways.

Draw some emojis and label the emotion you think they are feeling, here are some to get you started but there are lots more...



Tuesday



Our 5 Senses...

To focus and relax our minds, it is helpful to notice things around you. This can help you think about the 'now'.

I can see....

I can smell/I like to smell...

I can taste/I like to taste...

I can hear...

I can feel...

Wednesday

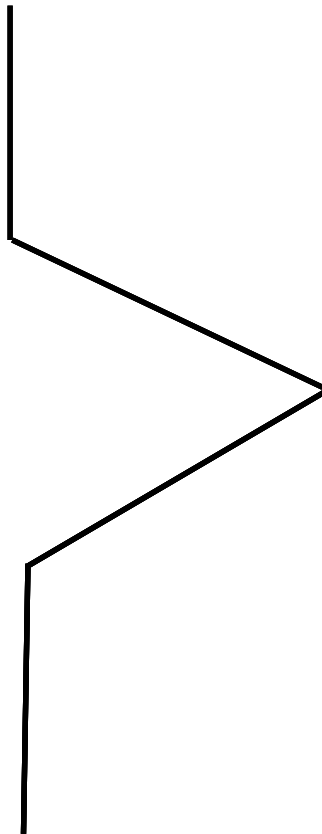
Worry Creatures

Worries are normal but sometimes they can make our minds feel full. Design a worry creature/monster who you can imagine will scare your fears and worries away.



Thursday

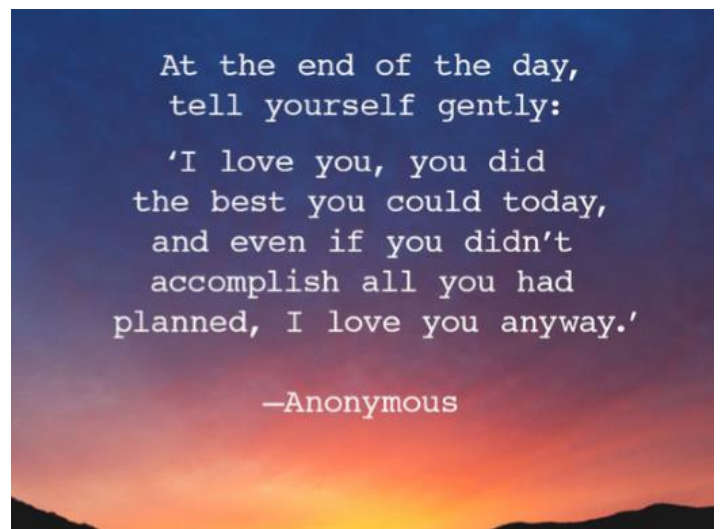
**IT'S THINK OUTSIDE THE BOX THURSDAY
COMPLETE THE PICTURE**



IT'S NOT A STAR!

Friday

Try this 'Go Noodle' about being kind to yourself



<https://app.gonoodle.com/activities/be-kind-to-yourself?s=Search&t=be%20kind%20to%20yourself>