

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!

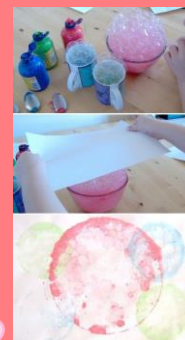


Bubble Fun

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

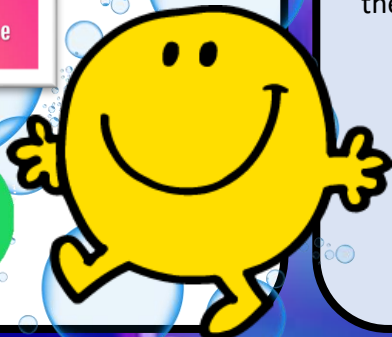


Can you create a bubble painting of crayon picture?



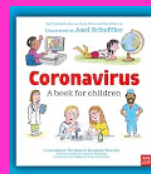
Playlist Party!

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



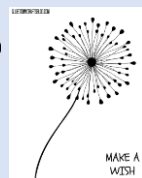
Story Time Fun

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



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.



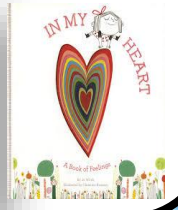
HELLOKIDS

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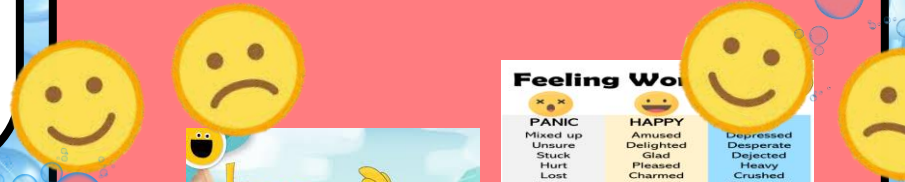
Superheroes Design your own superhero! Give them amazing powers and a colourful cape!



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		
PANIC	HAPPY	Depressed
Mixed up	Amused	Desperate
Unsure	Delighted	Dejected
Stuck	Glad	Heavy
Hurt	Pleased	Crushed
Lost	Charmed	Disgusted
Frozen	Grateful	Upset
Desperate	Optimistic	Hateful
Anxious	Content	Sorrowful
Insecure	Joyful	Mourful
troubled	Enthusiastic	Weepy
Uncomfortable	Loving	Frustrated
Stunned	Marvelous	
ANGER	STRONG	ENERGIZED
Annoyed	Sure	Determined
Agitated	Certain	Inspired
Fed up	Unique	Creative
Irritated	Dynamic	Healthy
Resentful	Tenacious	Renewed
Disgusted	Hardy	Vibrant
Outraged	Secure	Strengthened
Raging	Empowered	Motivated
Furious	Ambitious	Focused
Livid	Powerful	Invigorated
Bitter	Confident	Refreshed

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



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!

