

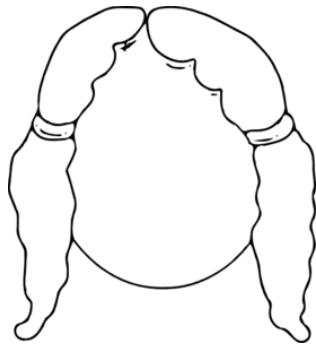
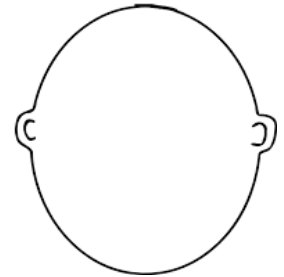
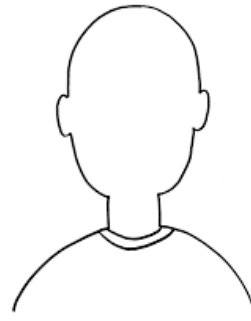
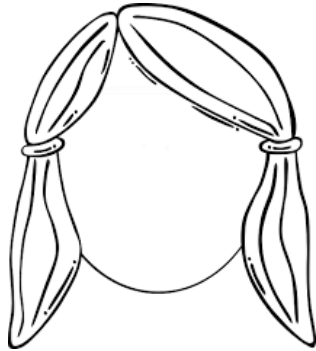
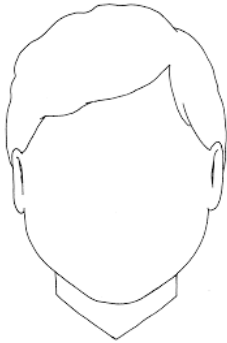
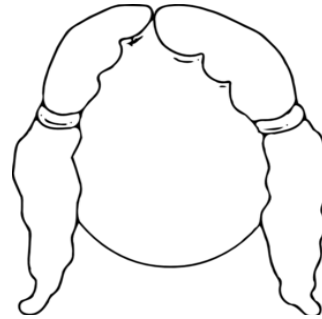
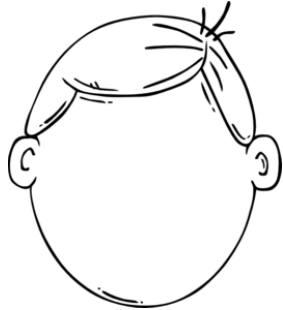
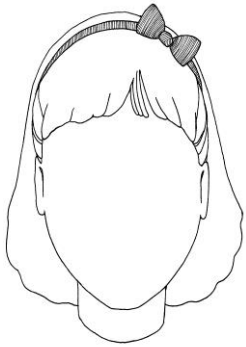
A little book of thoughtfulness!

We can't control everything that happens, but we can control ourselves and how we deal with each situation. Each situation is a new learning opportunity!



12 Faces

Draw a different emotion onto each face.



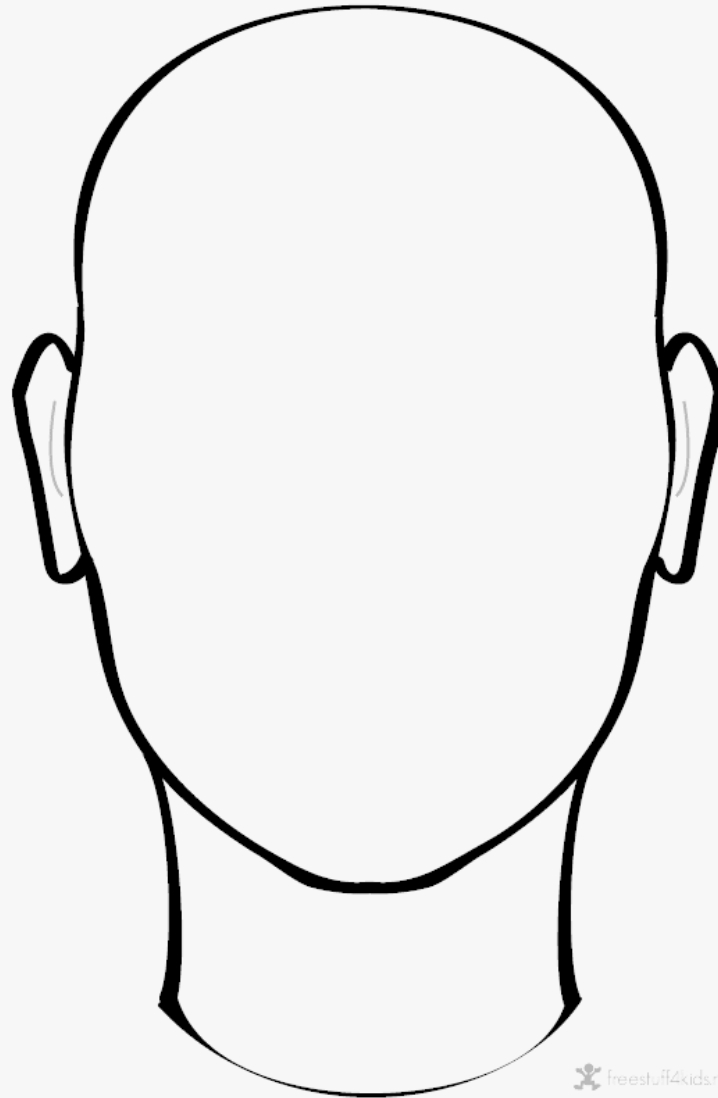
Draw your face showing how you are currently feeling.

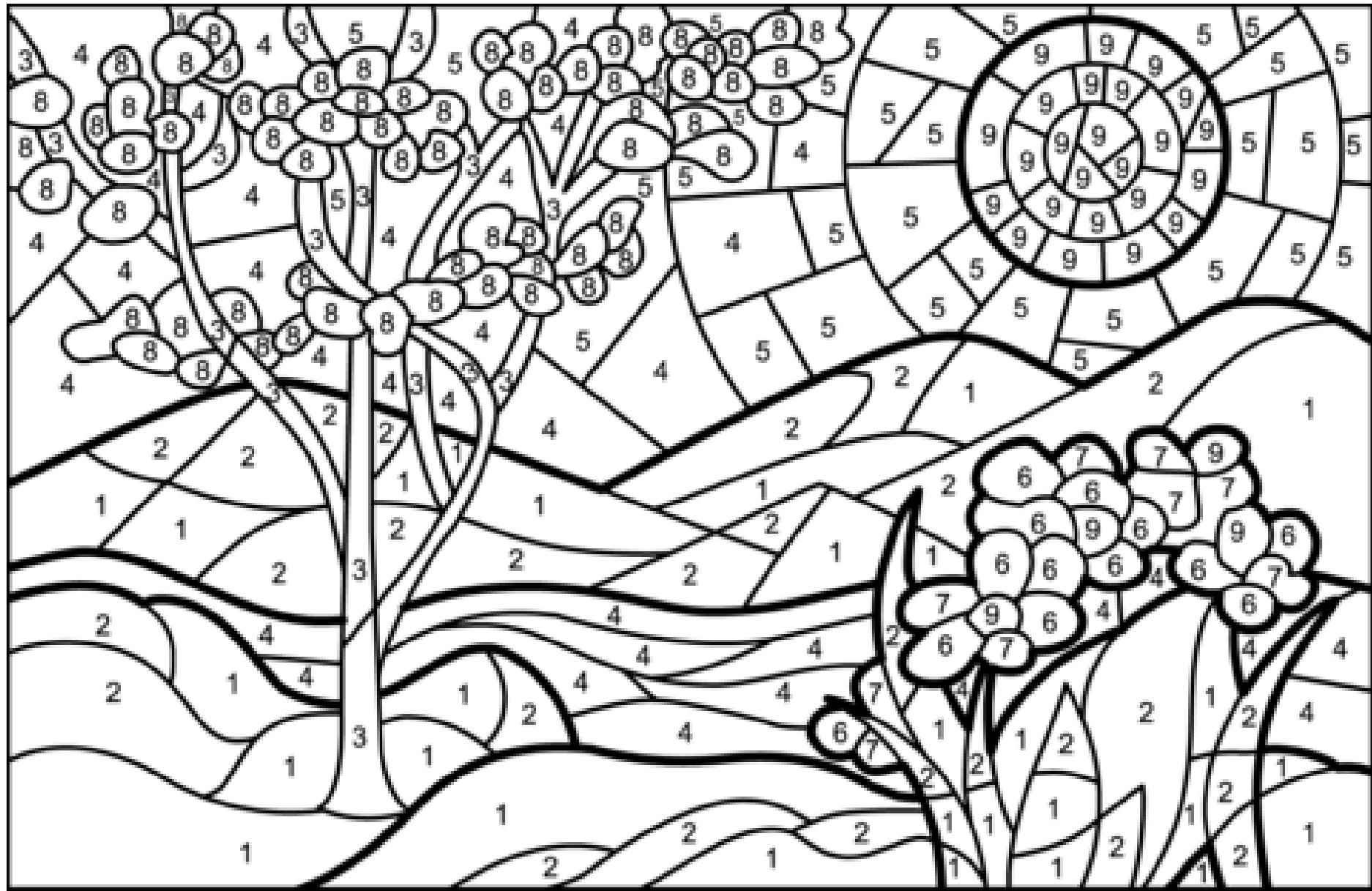
What's the emotion?

Why are you feeling that way?

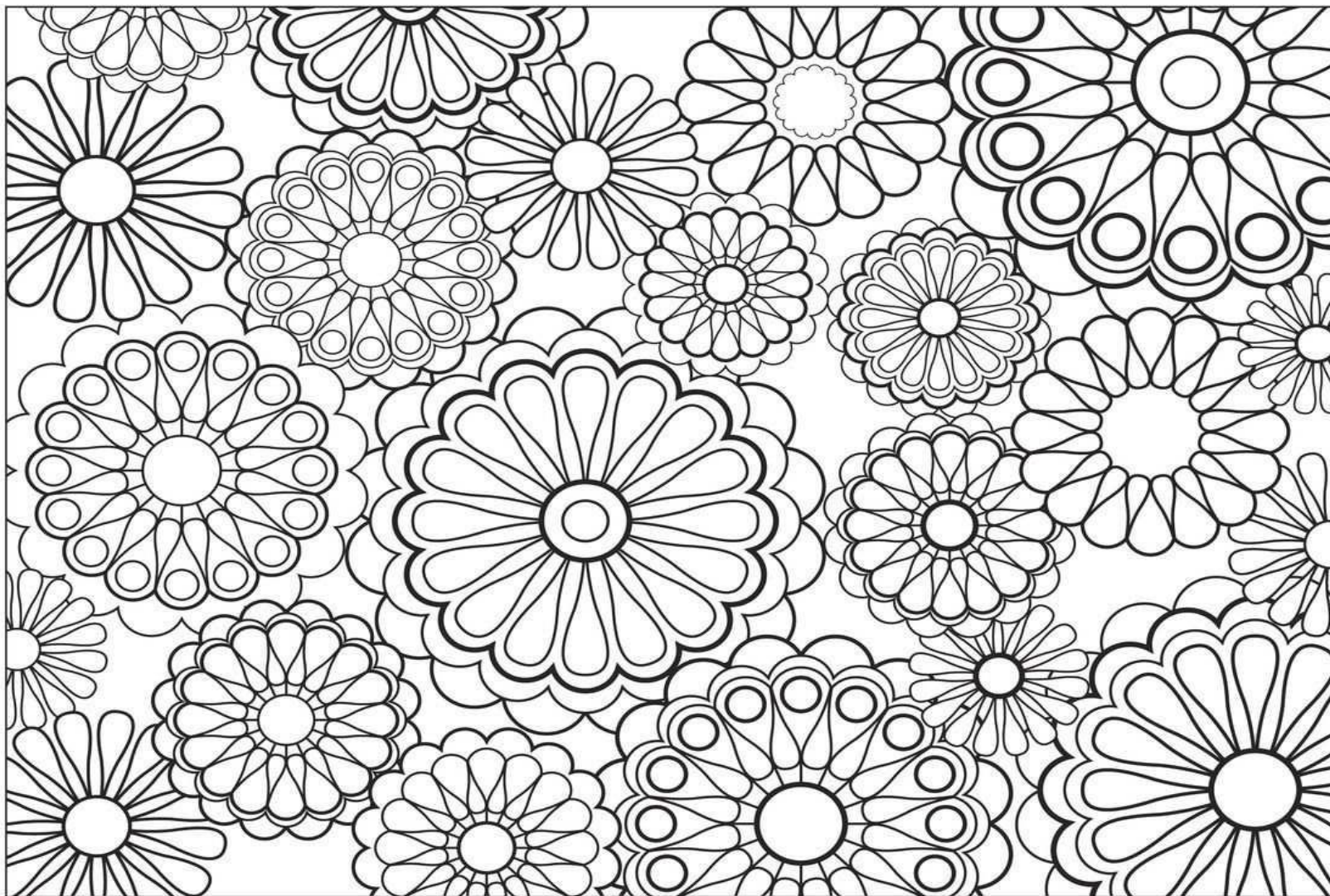
Can you change how you're feeling if it's not a happy feeling?

Talk to an adult or take some time out and do some mindfulness colouring.





- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9



What's your problem?

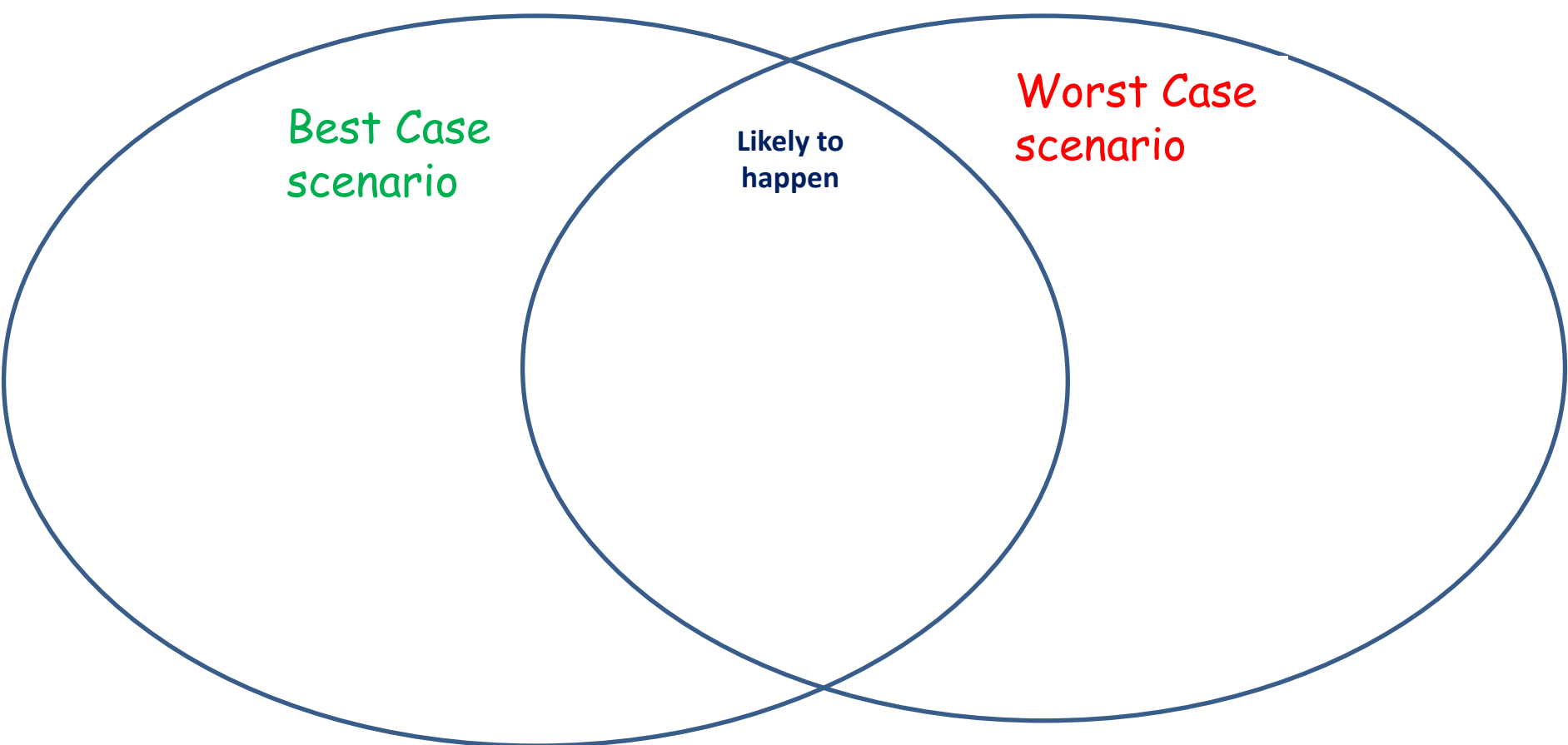
Write it down and think about the different outcomes and how you can achieve them, talk with an adult if you need help.

Problem _____

Best Case
scenario

Likely to
happen

Worst Case
scenario



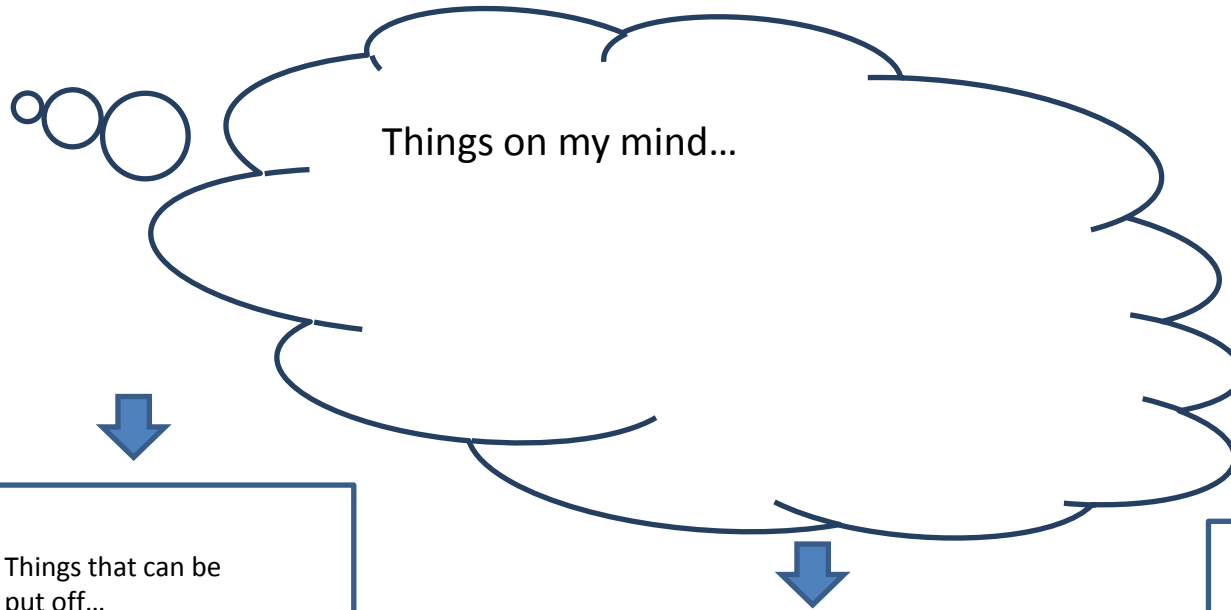


My perfect day



Draw or write about a day that meant a lot to you. Think about the emotions and feelings you had and why.

The NOT TO DO List



Things that can be put off...

Things that are out of my control

Things that are other peoples responsibility

Help!

Something has happened

I need to ...

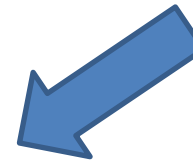
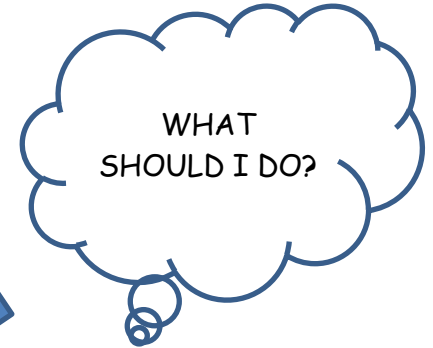
STOP



then...



And think...



Name the feeling

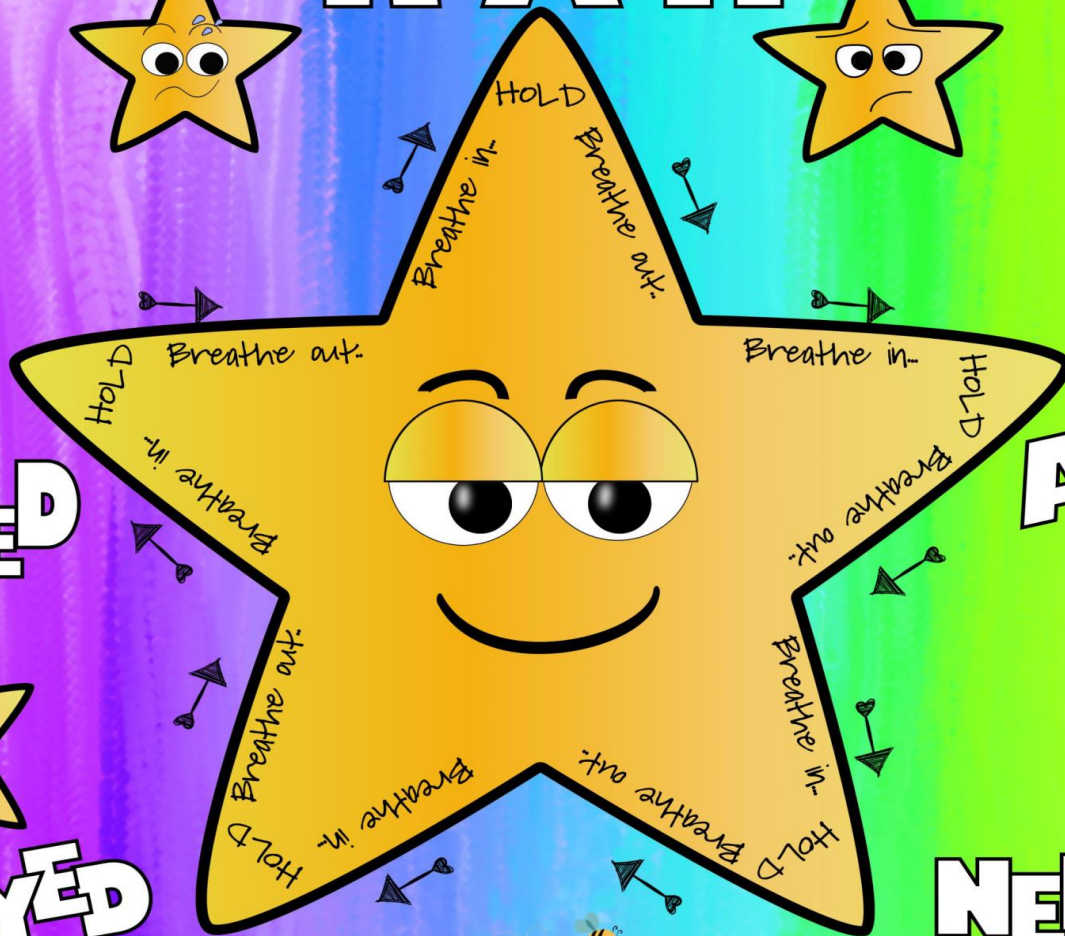
Choose the best thing to do

then...

BREATHE

UPSET

SCARED



WORRIED

ANGRY



ANNOYED

NERVOUS

Think about your happy place.

Mine is by the sea, sat on the warm sand listening to the waves coming and going.

Close your eyes and calmly breath in through your nose and out of your mouth, while thinking of your happy place.



Smile



Breathe



Exercise



Spend time with nature



Open Mind



RELAX
RELAX
RELAX

MINDFULNESS

Walk BAREFOOT



FORGIVE
FORGIVE
FORGIVE

POSITIVE
THINKING

Plant



COOK



Take the dog for a walk

Chat with friends
<listen>



Take a bath



Difficult times!

Never before have we experienced anything like this! Today, everyone is learning how to get through these unusual times. We will all miss each other, activities and places, but, we have family who are there to listen and help us along with our friends on the phone, over the fence or on other devices. Believe in yourself and that things will return to normal in time. Listen to what you are advised to do. Complete the work from teachers, do mindfulness things, but most importantly talk about how you are feeling. It's ok to be scared and worried, to be honest I think everyone is a little worried, but don't let it take over you. There are lots of people working to help us get through this and we will.

Thinking of you all

Mrs Duncan