# 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.







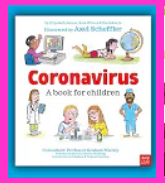

Can you create a bubble painting of crayon picture?





## Story Time Fun

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












## Playlist Party!

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

YouTube



## 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!









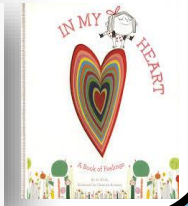
## Perfect Posters!

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?







## 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!







