



Wellbeing

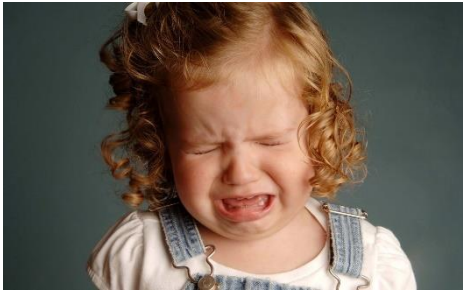


Talk about how you and others show feelings.



Look at the faces how do you think the children are feeling?

**Some feelings are easy to see and
some are more challenging!**



**How are you feeling today?
Sometimes your feelings change during the day.**

**Draw a picture of your face and show how you are feeling.
Can you write a sentence about why you are feeling like that?**



I am happy and proud because I built a lego house.



Take a photo of your picture and upload it onto see-saw so your teacher can see it.



Wellbeing



Talk about how you and others show feelings.

How do you think the Troll is feeling? Explain why?

How do the 3 Billy Goats Gruff feel?



Challenge

Can you write a sentence about how the characters are feeling?



I think the Troll is feeling angry because nobody likes him.



Wellbeing



Here are some activities that you could try at home with your family to make you all feel well and happy.

Cosmic Kids



Peace out Guided Relaxation

<https://youtu.be/ZBnPlqQFPKs>



Cosmic Kids, Zen Den - Minnie the Puppy

<https://youtu.be/CYQJdn8gapw>

Rainbow of Confidence

https://www.youtube.com/watch?v=K7FUbTac_ds

Go Noodles – Has some active dances which are good for wellbeing too.

Chicken Dance: Maximo

<https://youtu.be/npp1z32idrc>



Go Noodles:Trolls can't stop that feeling.

<https://youtu.be/KhfkYzUwYFk>



Go Noodles: Purple stew

https://youtu.be/_NWYeVyZz9I