

Mixed Monday

Make some faces showing different emotions such as happy, sad and worried. Discuss how your feeling with a grown up.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=z3jhbm-CHy4>

Tame it Thursday

Can you express yourself using art. Take a picture of your piece of art and send it to your teacher.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=xcdEPI72Zik>

Talking Tuesday

Discuss and draw a picture of what you aspire to be when you are older.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=eiKKlqELm3I>

Children's Mental Health Week

1/2/21



Wellbeing Wednesday

Learn the song This is me from the film The Greatest Showman: <https://www.youtube.com/watch?v=yYBmjkn-aNg> Record yourself singing and send it to your teacher.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=5a25RrQcrso>

Feel Good Friday

Come Dressed to Express for your morning meeting. You could wear your favourite colour or style your hair. Discuss with your teacher how your outfit makes you feel.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=4EYHm7ZLxQw>