

# FEEL SAFE, FEEL HAPPY

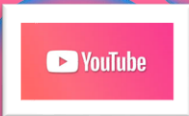
## All About YOU!

Share some information about yourself and let's find out about each other!



## Playlist Party!

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

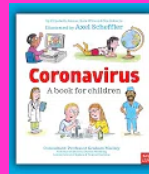


Write your worries away!  
Write your worries down & put them in a jar. Discuss them with friends and find solutions together. Tear them up if you can make them go away!



## Story Time Fun

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



## Bubble Fun

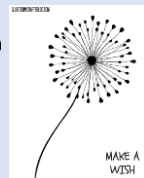
Can you mix some bubble mixture? Can you make a bubble snake? Listen to the relaxing, bubbly sounds.



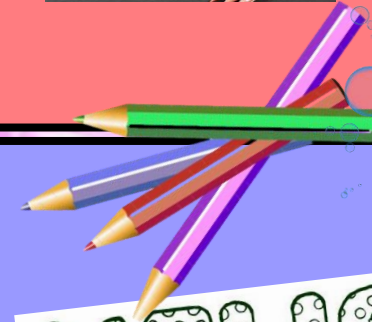
Can you create a bubble painting of crayon picture?



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.



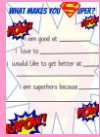
MELISSA

HelloKIDS

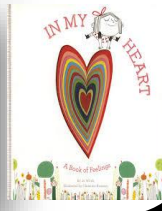


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**Superheroes**  
Design your own superhero! Give them amazing powers and a colourful cape!

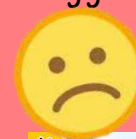


**Perfect Posters!**  
Decorate a poster and create your own quote that we can repeat every day to make us feel happy! Read this story too...



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



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

**MY SENSES WALK**

WHAT CAN YOU SEE?

WHAT CAN YOU HEAR?

WHAT CAN YOU SMELL?



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!

