

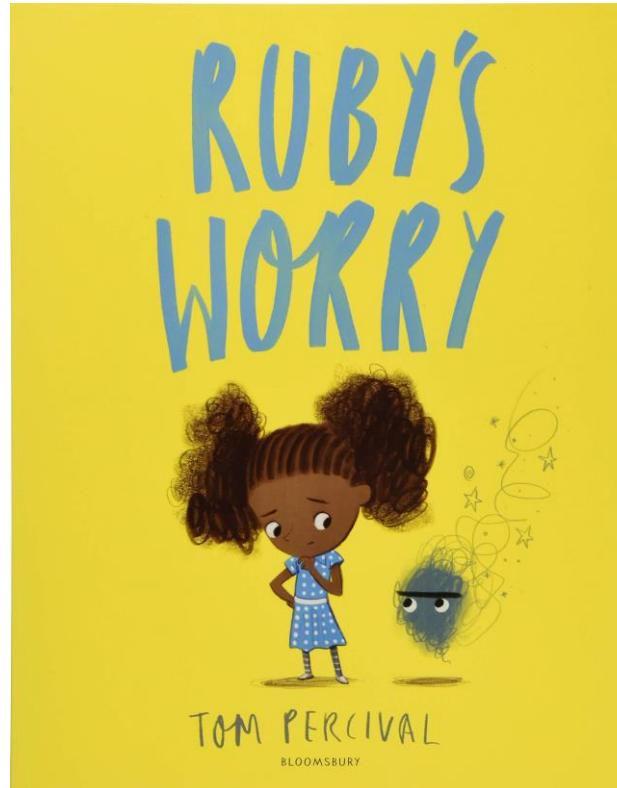
Book Talk Mental Health Awareness Week

Draw a picture of a place that you like to go to, that makes you feel happy. Could you write about your special place?

Have a go at using different colours to explore emotions. What colour might you use for angry? Or sad?

Can you write 5 positive statements about yourself. For example, I am helpful. I am good at building Lego. I am kind to my friends.

Mindfulness time. You could complete a colouring, listen to calming music or have a go at doing yoga. What mindfulness activities can you do?



Create your own worry. What shape it is? What colour? Is it big or small? It can be 2D or 3D. Perhaps you can give it a name?

Write a letter to Ruby and see if you can give her some advice on how she can manage her worries.

Create a mind map of things that make you feel happy and things you love to do! Label them if you can.

What facial expressions can you make for different emotions? Take a photo of them or you could draw them or make them out of loose parts.