



Give

Give someone a 'thank you'. It might be one of the adults or a friend in your class, who have helped you understand something better, or a parent or neighbour who have done something nice for you. A thank you takes a second to say, but last a lifetime!

Connect

Can you list lots of different words to describe your emotions? Which word describes how you are feeling today? Ask a friend or member of your family how they are feeling, and share your feelings with them.

Take Notice

What makes you feel stressed or anxious? Try squeezing out the tension. A formal stress ball could be used — but so could any soft ball, a mound of clay, or anything else handy.

How do you feel afterwards?

Keep Learning

Visit a library (or book shop) and choose a book you might not normally go for. You may be pleasantly surprised and enjoy reading from a different genre. Opening your mind to different experiences can be fun and rewarding.

Be Active

Can you do a star jump or press up? See how many you can do in 1 minute.

Try doing this task every day for a week and record the number you can do each day.