



The life skill focus this half term is **MENTAL HEALTH SKILLS**.

Can you try these activities at home?

You could take a photograph, record a video, draw a picture or produce a piece of writing to show us what you've done and email it to your class or bring your evidence into school.

Look for the gold stars ★ in the grid below to see how many you can achieve.

Your year group **focus question** is worth a gold star ★ 10hps and a move straight to Gold!

<p>I can do something to make someone else happy.</p> <p>★</p>	<p>Year 1</p> <p>Do I know who to go to if I need help?</p> <p>★ + 10hps Gold Zone</p>	<p>I can do something outside that I enjoy.</p> <p>★</p>
<p>I can draw a picture of something that makes me happy.</p> <p>★</p>		<p>I can do something I am good at.</p> <p>★</p>
<p>How many stars can you achieve by thinking of <u>your own</u> MENTAL HEALTH SKILLS activities? ★</p> <p>Don't forget to email them to your class or bring a paper copy into school.</p>		

Aspire to be our half-termly Life Skill Champion by achieving the most gold stars and win a star badge!