





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 to Gold!

|   |   |  |
|---|---|--|
| I can use growth mind set to turn a negative into a positive.<br>  | <b>Year 6</b>   | I can spend time with my favourite friends.<br> |
| I can do something kind for a family member.<br>   | <b>Can I be a positive role model and friend?</b><br> + 10hps<br><b>Gold Zone</b> | I can do relaxing exercise like yoga.<br>     |
| How many stars can you achieve by thinking of <u>your own</u> <b>MENTAL HEALTH SKILLS</b> activities?  |   |  |
| <b>Don't forget to email them to your class or bring a paper copy into school.</b>  |   |  |

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