



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 make something that makes me happy. ★	Year 4 Can I say what I am good at and justify it? ★ + 10hps Gold Zone	I can do some exercise. ★
I can go out on a day trip with my family. ★		I can take five minutes to sit and breathe. ★
How many stars can you achieve by thinking of <u>your own</u> MENTAL HEALTH SKILLS activities? ★ Don't forget to email them to your class or bring a paper copy into school.		

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