





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!

 I can make a collage of what makes me happy.	<p>Year 3</p> <p>Can I say what I enjoy most about being in the classroom?</p> <p> + 10hps Gold Zone</p>	I can think of 3 things that makes me special. 
 I can overcome a challenge.		I can do something that makes me laugh. 
<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!