



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 send it to your class email 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!

<p>I can eat my favourite food.</p> <p>★</p>	<p>Nursery</p> <p>Can I tell people if I am feeling sad, happy, angry, glad or excited?</p> <p>★ + 10hps Gold Zone</p>	<p>I can give a loved one a hug.</p> <p>★</p>
<p>I can go somewhere with a friend.</p> <p>★</p>		<p>I can play with my favourite toys.</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!