



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 do something with my family that makes me happy. ★	<p>Year 2</p> <p>Can I say what I am most proud of?</p> <p>★ + 10hps Gold Zone</p>	I can help someone solve a problem. ★
I can draw a picture of the best thing that happened in my day. ★		I can talk about a book I like. ★
<p>How many stars can you achieve by thinking of <u>your own</u> ★ <b>MENTAL HEALTH SKILLS</b> 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!