



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 straight to Gold!

I can do something that makes me happy. 	Reception Can I say what I am good at?  + 10hps Gold Zone	I can be caring to a friend, family member or pet when they feel sad. 
I can go for a walk with my family. 		I can enjoy a book with someone at home. 
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!