



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 do something to make someone else happy.	Year 1 Do I know who to go to if I need help?  + 10hps Gold Zone	 I can do something outside that I enjoy. 
 I can draw a picture of something that makes me happy.		 I can do something I am good at. 
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!