



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 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 help someone at home. 	Year 5 Do I know why it is important to be a good role model and friend?  + 10hps Gold Zone	I can take a photo of something that make me happy. 
I can go somewhere to enjoy a view. 		I can try something new. 
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!