

WALT: identify ways that I can feel safe and that I belong at school

Activity 1 – Have a parent read out these statements out to you. If you agree, stand up. If you disagree, sit down. If you are feeling energetic, you can jump or hop for agree and crouch down for disagree.

- You have the letter A in your name
- You are wearing socks
- You like pizza
- You enjoy reading
- You have a favourite song
- You enjoy watching films
- You like playing noisy games
- You have a hobby
- You love playing computer games
- You enjoy being by yourself

Can you think of anymore? Maybe the whole family can play!

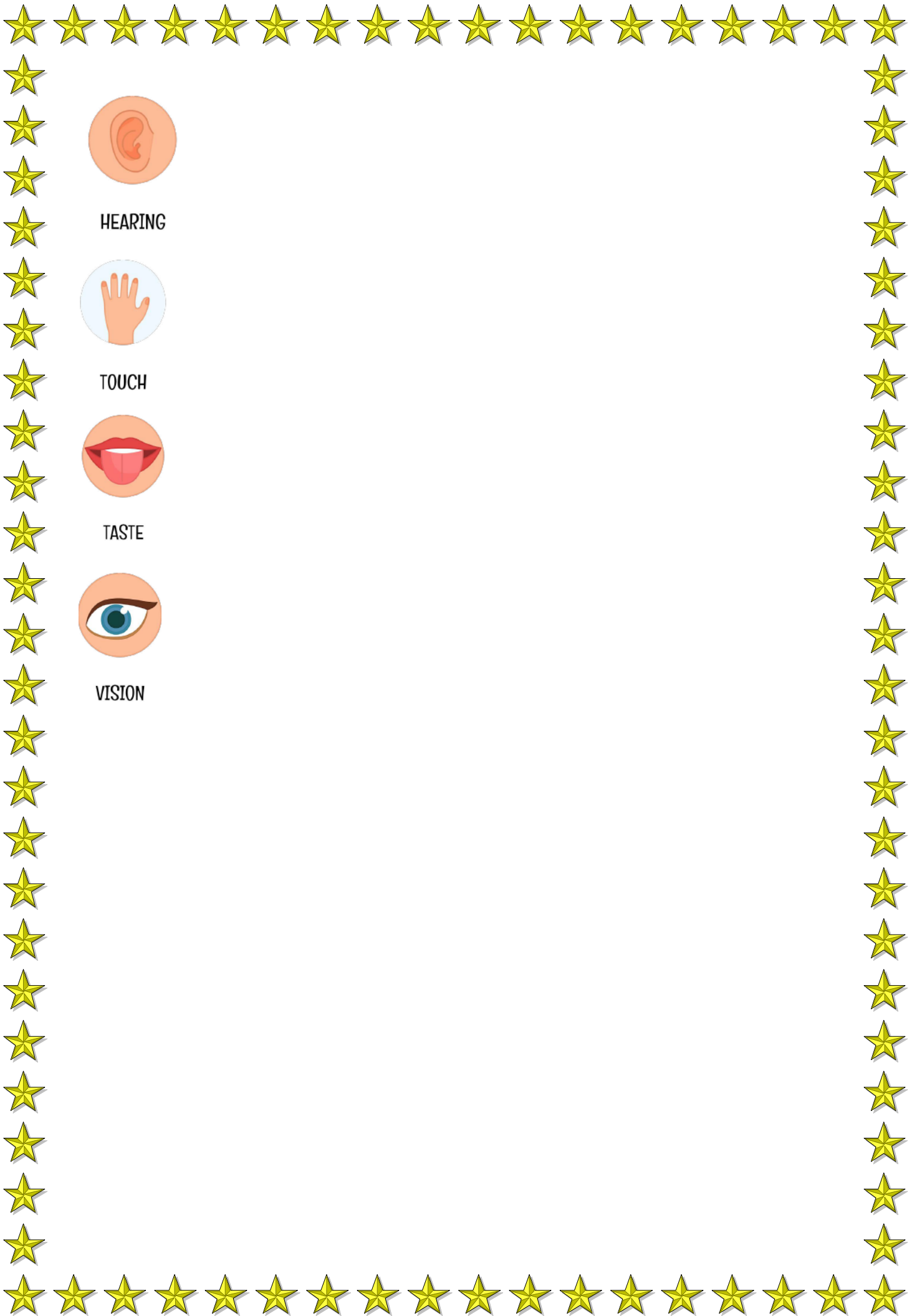
Activity 2: Write down the 5 senses on a piece of paper (smell, touch, sight, hearing, taste) or use the ones provided for you below. Against each one, record ways that help you to feel calm and safe. Some examples could be:

- Smelling lavender or another calming scent; deep breathing exercises
- Listening to relaxing music, a meditation, or singing
- Stroking a pet or cuddling a soft toy; doing their own hand or foot massage; dancing
- Eating something delicious
- Looking at photos, videos or pictures that help them feel better (something funny, something cute, or something beautiful)

You could draw pictures to match!



SMELL



HEARING



TOUCH



TASTE



VISION