



★ **WALT:** identify my worries and fears and how I can help myself and recognise my difficult feelings and know some ways to manage them better

★ Look at the different activities below. Remember to think about and communicate yours and others' feelings honestly!

★ **Activity 1 - Blast off**

★ With your family, play the following game. One person at a time says a number and you need to count down from 10-1 ensuring that only one person says a number at a time. If more than one person says the same number at the same time, you start back again at 10. When you get to 1, everyone shouts Blast Off and jumps up like a rocket blasting off.

★ **Activity 2 - Feelings**

★ Each person in your family thinks of 2 feelings that begin with the first letter of their name: one feeling that makes them feel good and another that they find difficult or don't like feeling. For example: "I am Daniel and my two feelings words are delighted and defeated". Can pass or get help if stuck.

★ We all experience a range of feelings every day – and we know that some will help us feel good/happy and others might be difficult to manage or don't like to feel. There may be some in between. It is OK to feel whatever feelings come up inside you. Every feeling is telling us something, so if we listen to our feelings we will be able to manage them better.

★ **Activity 3 - Coronavirus**

★ Discuss what sorts of feelings people might be experiencing during this period. Explain and talk about that it is a natural response to feel worried or afraid in a situation that is unfamiliar or sad and that it is OK to feel a range of different feelings. The lockdown may have brought out feelings that were not easy to manage.

★ Make a list of feelings people may have been experiencing. Discuss that, often, when we are caught up in our difficult feelings, it can be tricky to think of what we can do to help ourselves feel better in that moment.

★ **Activity 4 – Reflection - Traffic light**

★ Draw a traffic light.

- ★ - Next to the green light, write something you will start to do to help you manage difficult feelings.
- ★ - Next to the amber light, write something you may continue to do to help you manage difficult feelings.
- ★ - Next to the red light, write something you will stop doing as it makes difficult feelings worse.

★ Do you know anyone who can help? Who can help you in school?

