

Date:

# You Are Unique

We are all different and that is amazing, as that makes us all special. There is only one of you.

 Colour in the two flowers and think about why it is good to be different.

"I would love my petals to look as pretty as yours?"

"We're different plants. Our garden would look very boring if we all looked the same."



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# Acts of Kindness

You know that being kind to others is the right thing to do. Being kind to others makes you feel good. There are different ways you can be kind to people.

 Fill in what acts of kindness you could do in each box.

**Giving People Gifts**

 Flowers





**Verbal Praise**  
(Kind words)

 That is an excellent piece of work





**Quality Time**

 Playing together





**Act of service/kindness**

 Picking something up for someone





**Physical Touch**

 shaking hands





**Who can we do this with right now?**

 Rank which acts of kindness you like to receive, in order of importance to you first.

- Gifts
- Verbal Praise
- Act of service/kindness
- Physical Touch
- Quality Time

Why is there no correct answer here?



**Questions**

- What acts of kindness has somebody given you this week?
- What acts of kindness are you going to do for someone else this week?

**Quiet Reflection**




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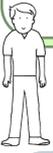
Date:

# Look After Yourself

Looking after your physical health can help your mental health. For example when you are tired and hungry you are often more emotional and feel more worried.

## Worry less by looking after yourself more!

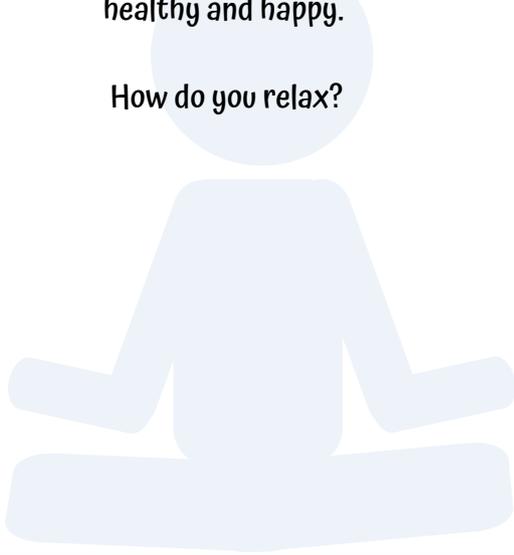
Let's look at some ways we can look after our bodies.



### Relaxing

Taking time to relax helps keep you healthy and happy.

How do you relax?



### Healthy Eating

The foods we eat can affect not only our physical health but our mood and emotions too.

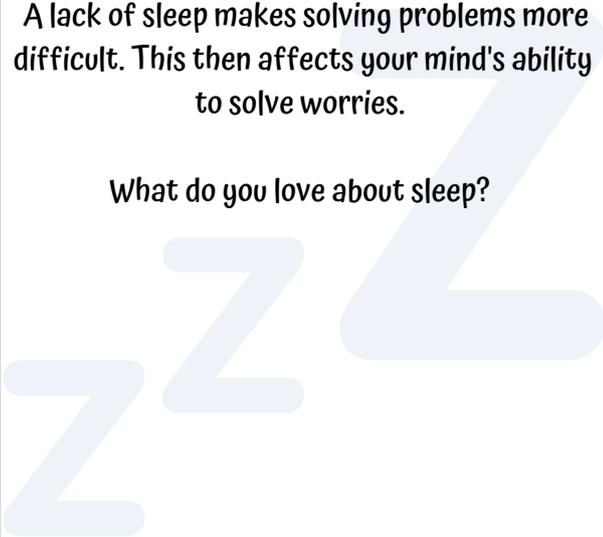
What healthy snacks do you like?



### Sleep

Sleep helps you feel less worried and happier. A lack of sleep makes solving problems more difficult. This then affects your mind's ability to solve worries.

What do you love about sleep?



### Get outside and move

Both moving and sunlight release happy hormones. So why not get outside and move?

What form of exercise could you do outside?

