



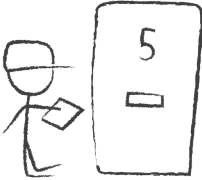











My Wellbeing Week

I want to help...	I will help by...	Task complete?
 <p>My Mum because she looks after me, feeds me, clothes me and loves me.</p> 	<p>Making her breakfast.</p>	
 <p>The postman because despite the pandemic he still delivers the mail everyday and is always cheerful.</p> 	<p>Sticking a note on the door saying thank you.</p>	
 <p>The people on my street because we are all stuck in our houses more and I know some people are lonely because they live on their own.</p>	<p>Painting decorative rocks (pictures or words) and placing them outside the house for others to admire.</p>	
 <p>My teacher because they always want us to do our best. They are funny and kind.</p> 	<p>Paying them a compliment.</p>	
 <p>People in my community who need support.</p> 	<p>organising a class collection of food that my dad and I can take to the local food bank.</p>	

My Wellbeing Week

How did you feel when you completed these acts of kindness?

Choose an emoji and write a short paragraph about how you felt.



I felt happy doing nice things for some of the people in my community.
I felt determined and motivated to organise a food bank collection for those in need.

Now tell us about you.

Your first name, and the first letter of your surname

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What year are you in and how old are you?

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Who is your teacher?

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What is the name of your school?

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