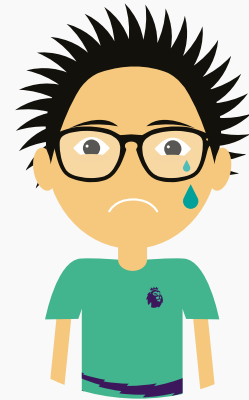




happy



neutral



sad

Use the chart below.

Write down how you feel or **draw** a face that most represents how you're feeling each day.

I am feeling...







Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Take-home activity: **My week of feelings****How can I feel good?**

When were you most happy over the last week?

Draw or write about three moments where your mind or body (or both) felt its best.

Moment/Activity**Drawing**

Notes for parents/carers

This week, your child has been thinking about their feelings and emotions, and different things that can help their minds and bodies feel their best. Help them to continue to think about how they feel and what they can do to feel good by encouraging them to fill in the charts.

My week of feelings

Children can draw an emoji, write down the name of a feeling, or draw a picture of themselves in the spaces. Doing this in the morning, afternoon and evening helps them see that our feelings can change throughout the day, and that not so good feelings don't last forever. In the next activity, children will reflect on their week and think about moments where they felt their best.

Encourage them to name how they are feeling if they can, and to talk about why they might be feeling that way. This helps them widen their vocabulary for emotions, and recognise how different things affect their mood.

How can I feel good?

Your child has been learning about different things that make people's minds and bodies feel their best: activity, sleep, healthy food and drink, socialising and interacting with others, trying something new, breathing and goal-setting. In this activity they will reflect on their week and think of three moments where they felt their best.