

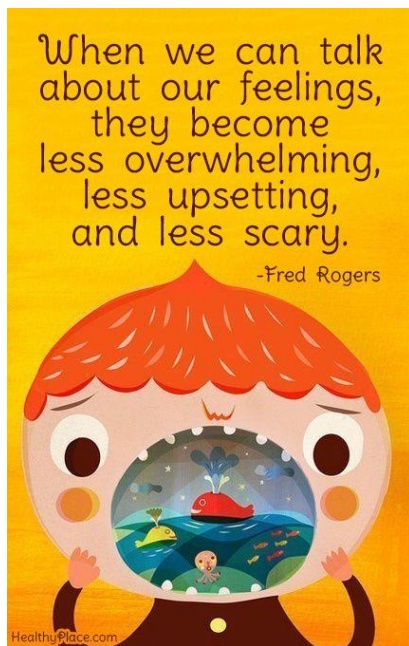
## Wellbeing Task – 8.6.20

# hello

Good morning Year 3, I hope you are all feeling okay today. For our wellbeing task today we are going to **explore our feelings and deepen our understanding of good and not so good feelings.**

First click here to find out a little bit more about feelings and emotions:

<https://www.bbc.co.uk/bitesize/topics/znhmwty/articles/z4q4bdm>



How are you feeling today? Spend a couple of minutes thinking about how you feel. Then think about why you are feeling this way. Post your answers on the blog.

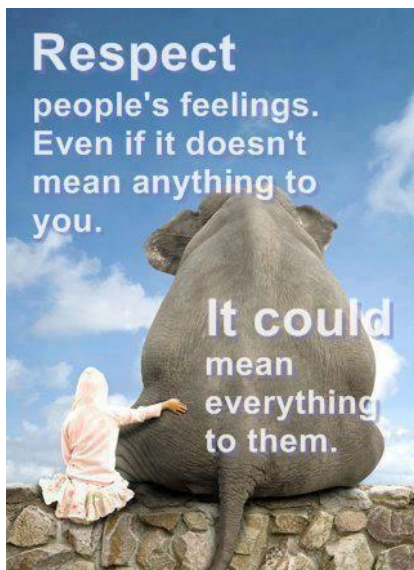




### **Task 1**

With a family member discuss why you think we have different feelings and share some examples of the feelings you have felt. It is important to remember that feelings come and go. When we have bad feelings like sadness, anger, worry or doubt it can help us if we think of some things we can do to help these feelings go away.

### **Task 2**



I would like you to choose one not so good feeling – look at the different feelings on the poster above to help choose one. Make a poster/card for someone who may be feeling this way and include some ideas of how to help the feelings go away, for example talking to someone, playing a game or even writing your feelings down. Try to choose different feelings to your friends so we have a variety!

You can draw lots of pictures, you may even want to include some quotes or bible verses to encourage others with your card.

Remember to take a photo and I will add a gallery of all of your lovely words of encouragement to help others!

Example



I look forward to seeing all of your work!