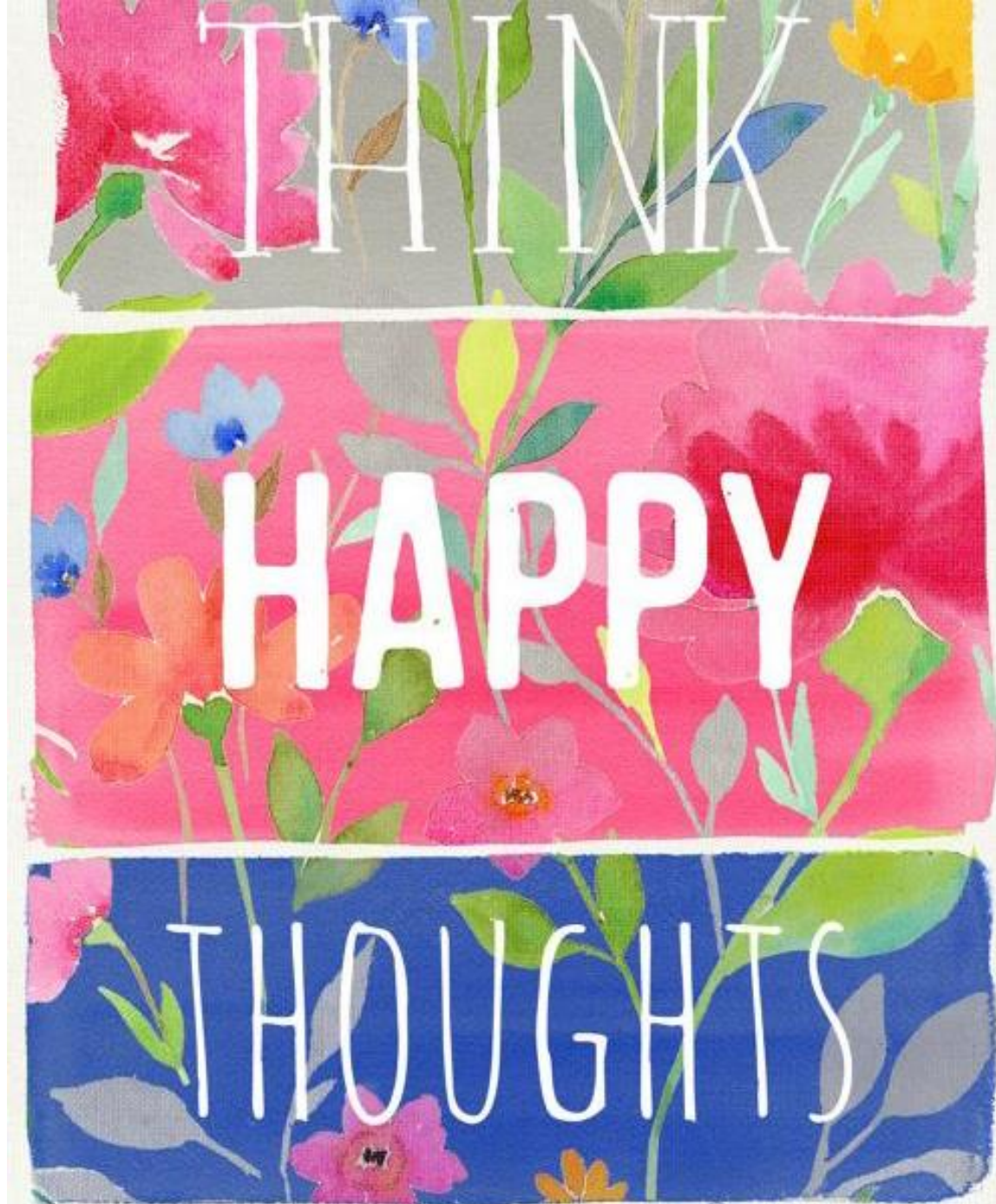




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**S.P.H.E/  
WELLNESS**

25<sup>th</sup> - 29<sup>th</sup>  
May 2020





Hi boys and girls.

We hope you are all still keeping well and staying safe. We hope that you are enjoying all the beautiful sunshine we've been having lately and having some fun at home. We hope that you are remembering all the things we learned last week about being safe in the sun.

This week's SPHE lesson is about Positive Thinking.








Did you remember all of George's tips for being safe in the sun last week?



Keep it up!!



HOW DO  
YOU FEEL  
TODAY?

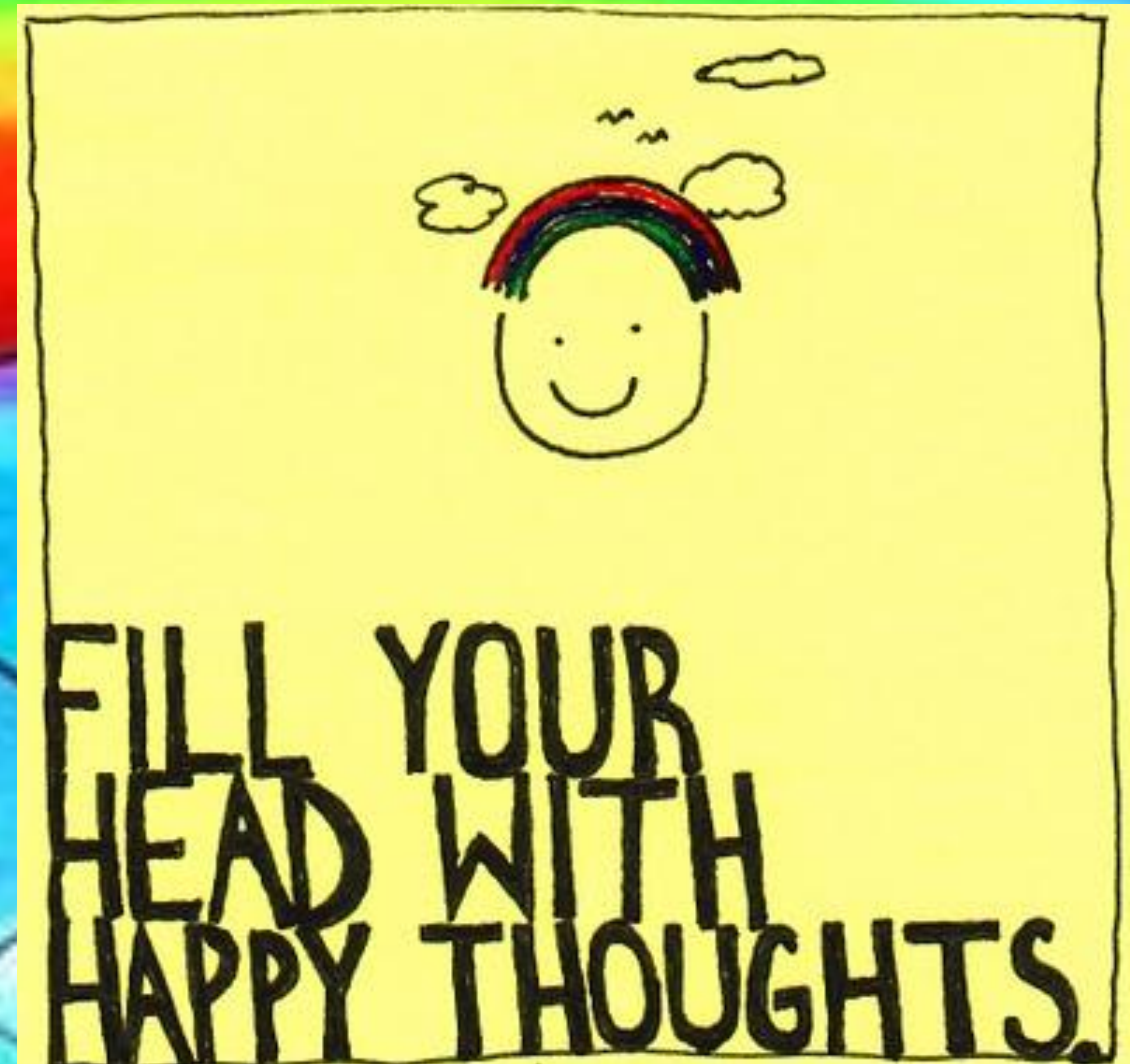
5		I feel angry
4		I feel frustrated/ annoyed
3		I feel worried
2		I feel good/ relaxed
1		I feel great/ excited



**Sometimes we don't feel happy and that is ok.**

We might feel worried or we might get sad that we can't do some of the things that we used to. We might miss seeing some of our family and friends. We might get frustrated staying at home.

But, we CAN do some things to help us feel happy again. We can do things we enjoy at home. We can take a break and relax. We can go outside for some fresh air. We can play with our toys. We can sing and dance. We can try to look for the good in each day. We can remember that we are doing our best and doing a very important job by staying at home. We can remember that things will get better and we will get to do all of the things we miss someday. We can try to think of happy things and that will make us feel good again.



# THINK A HAPPY THOUGHT



Try to sit quietly.  
Try to clear your mind.  
If it helps, you can close your eyes.  
Now, think of a happy thought...  
This could be something you are looking forward to or something which made you smile today. It might be a thought about a particular person or place that makes you feel happy.



❖ What was your happy thought?



Can you draw a picture of it?



<https://www.youtube.com/watch?v=MOWDb2TBYDg>





# Affirmation Yoga

Say each  
statement as you  
make the  
pose



# KEEP ACTIVE

Twist and shout!

<https://www.youtube.com/watch?v=6Lm4rSMDOR8>

Get your body moving

<https://www.youtube.com/watch?v=fpD9kRyBn8o>

Happy ZUMBA

<https://www.youtube.com/watch?v=VhAw8kjV-4c>



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# Breathing Activity Sheet

## – Star Breathing

Begin at the base of any point on the star. Breathing in, trace your finger to the point of the star. Breathing out, trace your finger back to the base of the next one. Continue all the way around the star.



RELAX



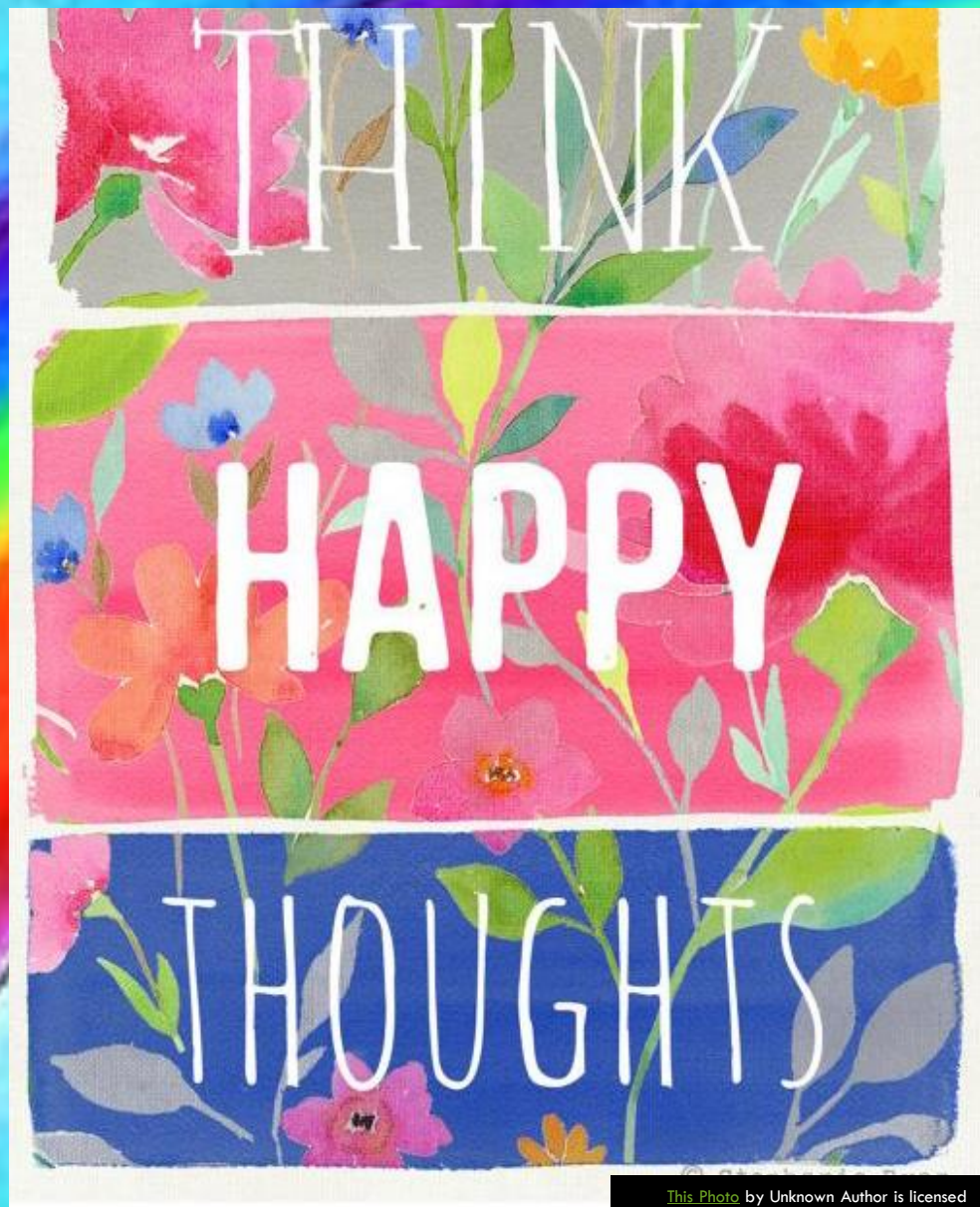
# Bumblebee Breathing



## Bumblebee Breathing Technique

**Sit** in a comfortable position, with your hands resting in your lap. Inhale through your nose and exhale through your mouth, keeping your lips closed. Make a humming 'mmmmm' sound as you exhale. Make sure your face and lips are soft and relaxed so that you can feel the vibration!





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**HAVE A GREAT  
WEEK EVERYONE!**