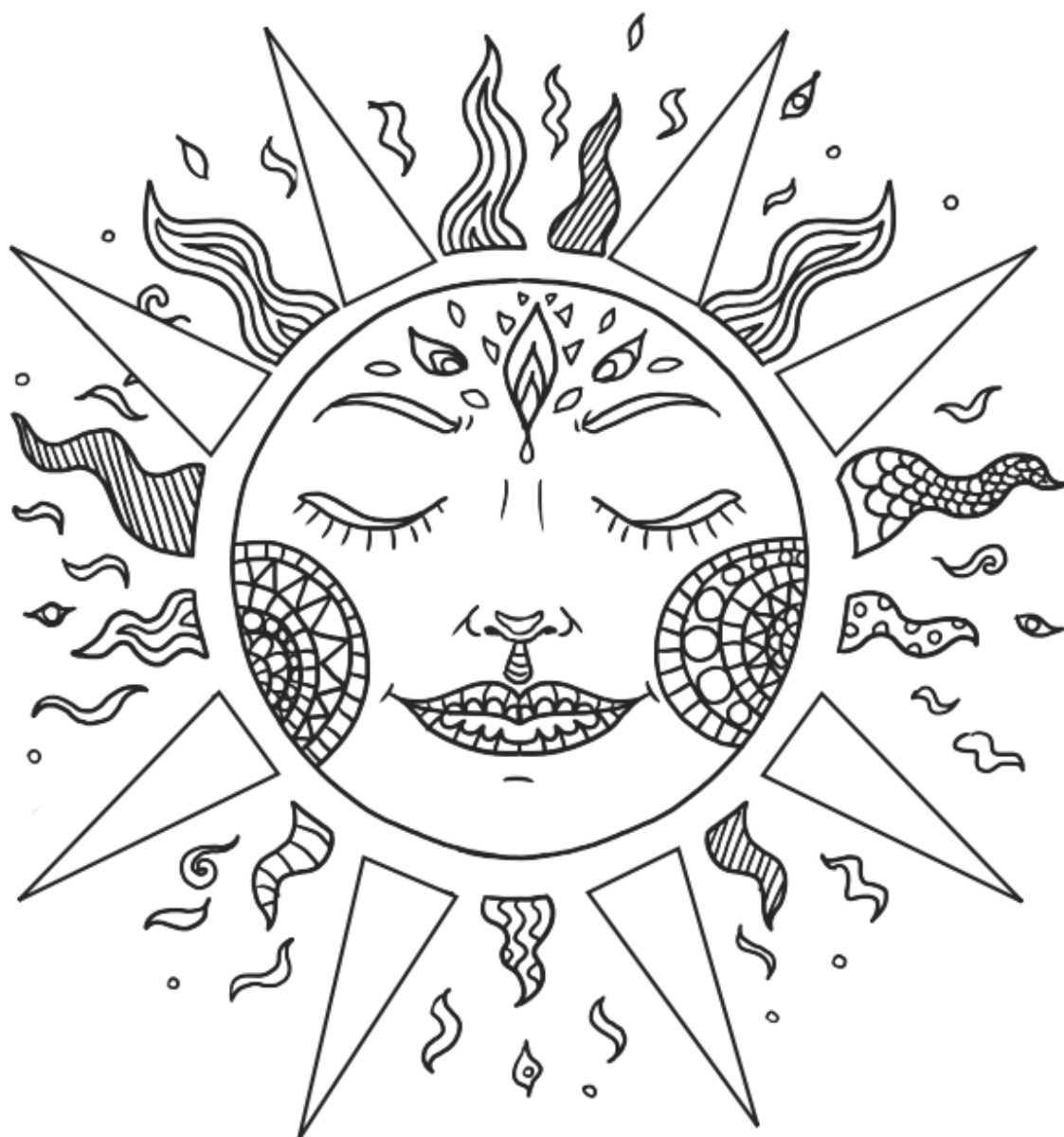


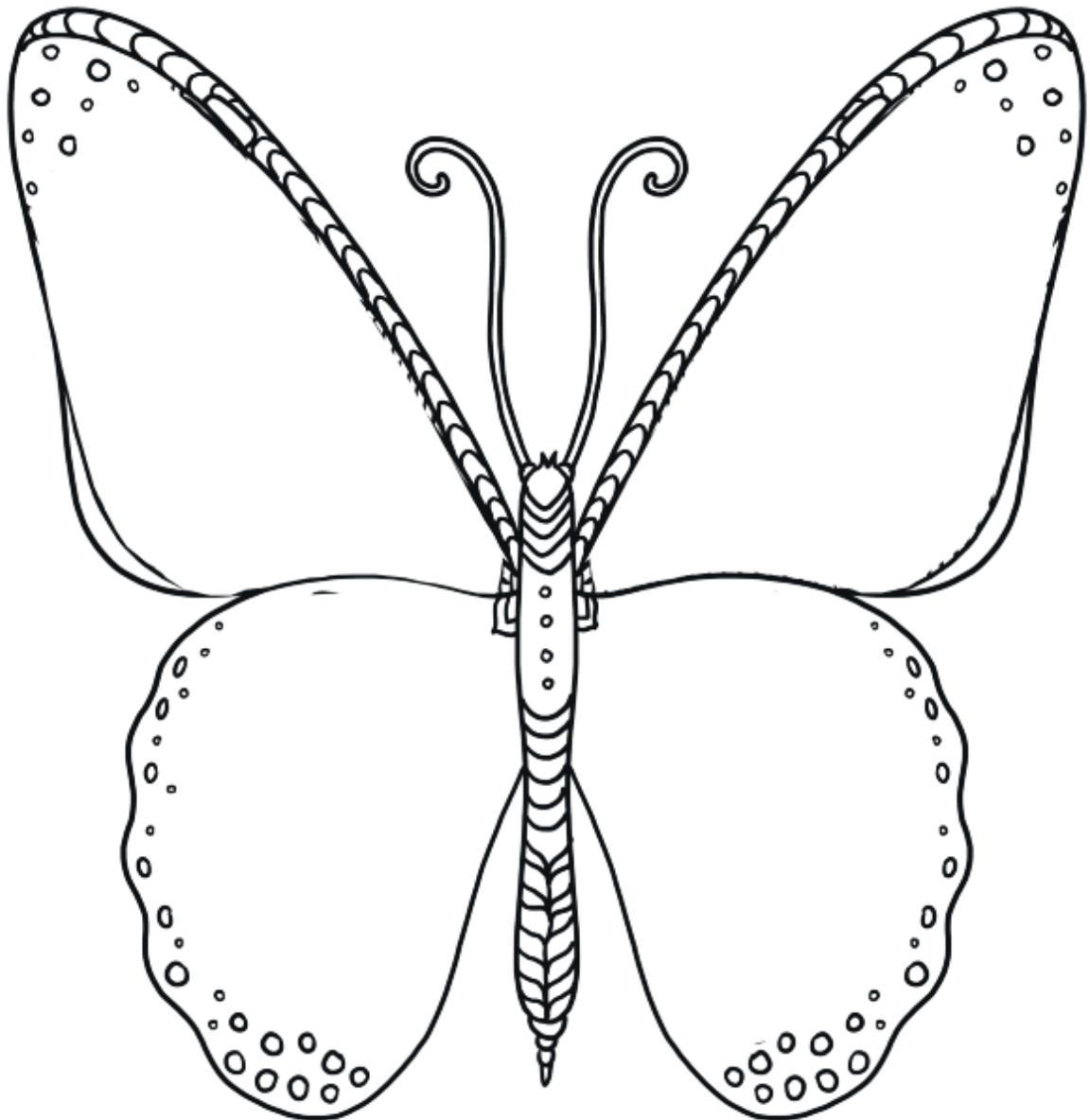
## **I Am Amazing**

Write something amazing about yourself in each of the sun's rays. As you colour the sun, think about all the incredible things that make you special.



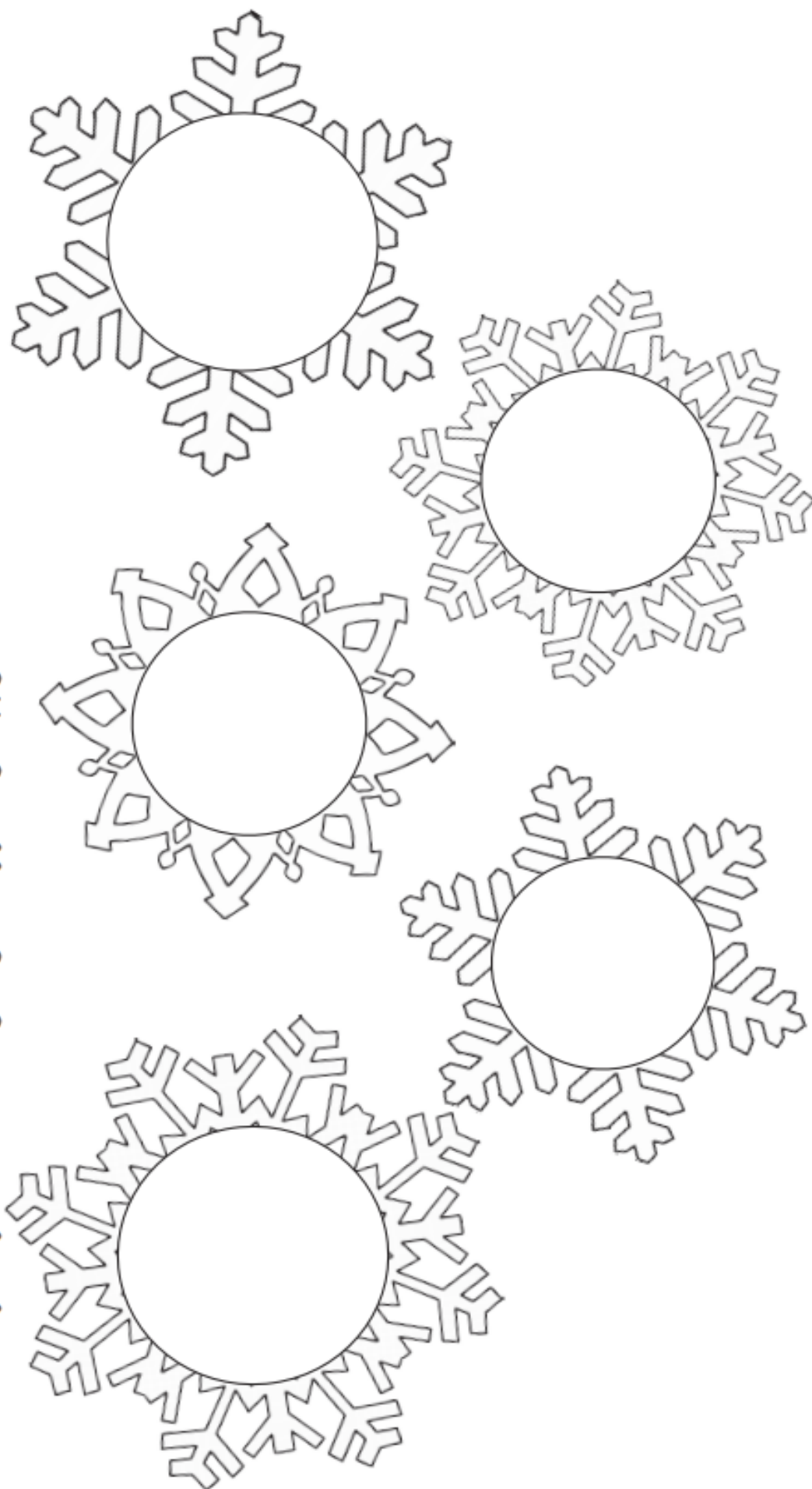
## **Don't Worry, Be Happy!**

Think about things that make you worry. In the wings of the butterfly, write the things that make you worry and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling.



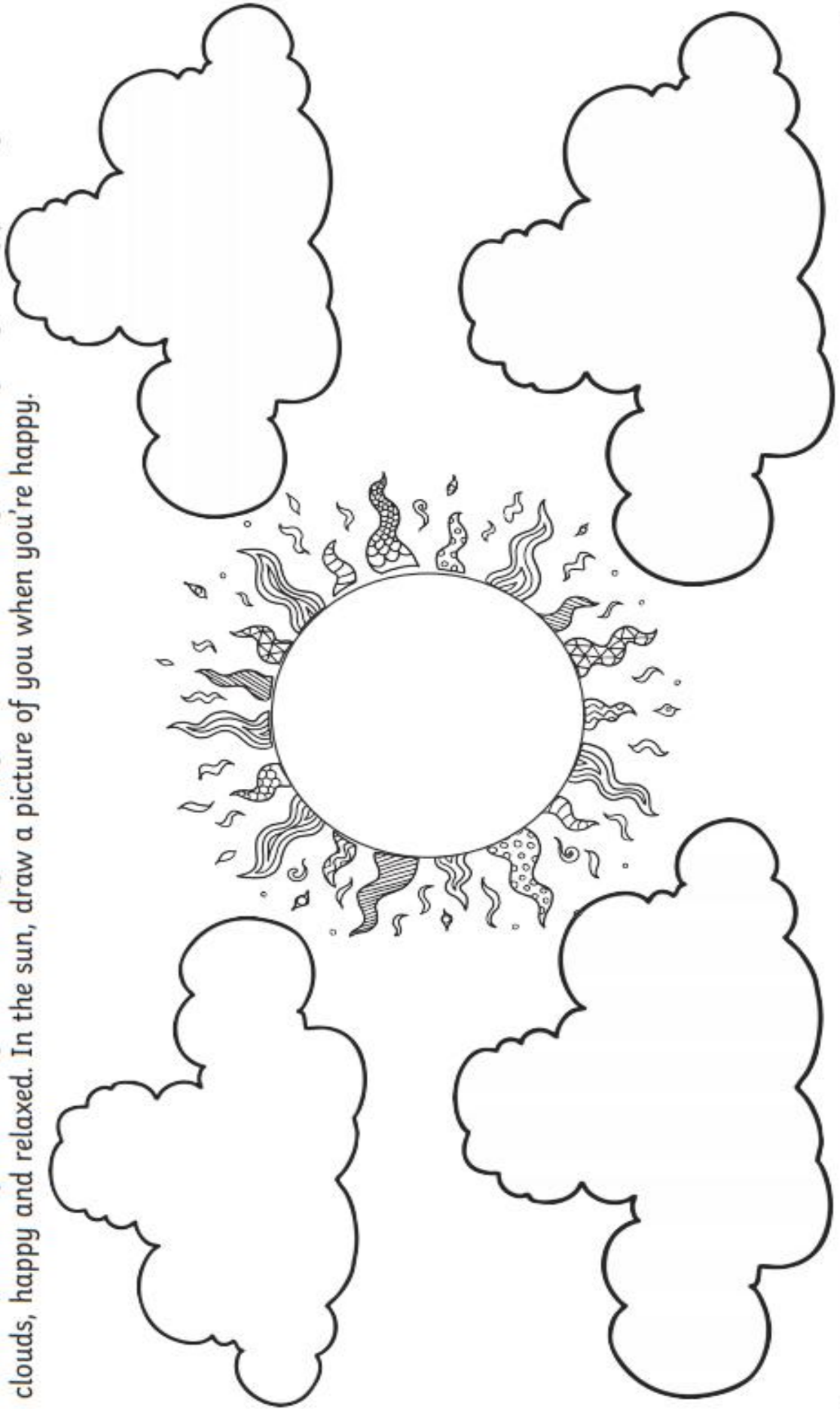
## Let It Go!

In each snowflake, draw or write something that makes you angry. Imagine that your anger is melting away as each snowflake falls down. Imagine yourself feeling happy and relaxed.



## **I Am Happy When...**

Draw a picture of something that makes you happy in each cloud. As you draw, feel yourself floating with the clouds, happy and relaxed. In the sun, draw a picture of you when you're happy.



## PSHE - Week 3 Mental health