

Feel Good Friday

Friday 5th March 2021 – Return to School

A letter from lockdown—Write a letter to yourself about your experience of lockdown that you can read back in a years time. If you don't mind sharing with your class, bring it next week to read out loud.

You can include:

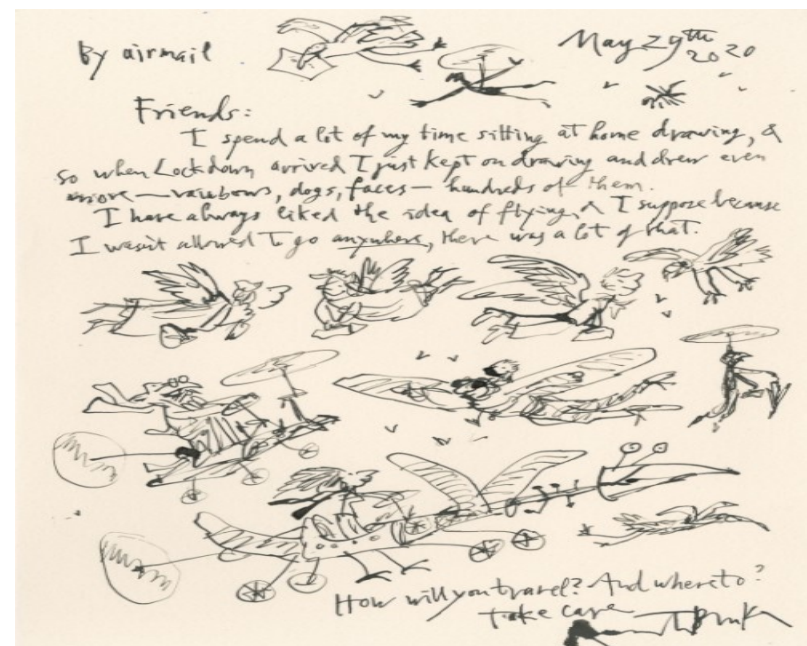
- ◆ Things you have done or missed because you couldn't do them.
- ◆ Your feelings at the beginning and at the end of lockdown. Have they changed and if so, how?
- ◆ How did you cope with learning at home?
- ◆

The following link gives examples of letters written for children by many well-known writers, poets and illustrators. Take some time to read them and choose a favourite.

Who do you think has written this one?



http://thechildrensbookshow.com/news/letters-from-lockdown?utm_campaign=1758693_June%2011th%202020&utm_medium=email&utm_source=The%20Day&dm_i=32K1,11POL,7PUJWD,3ZV9E,1



Feel Good Friday

Friday 5th March 2021 – Return to School

I can...

Draw or write about an ability or strength (this is not necessarily about being the best at something but about enjoyment, using their skills and persevering)

We can then make a 'we can' classroom collage



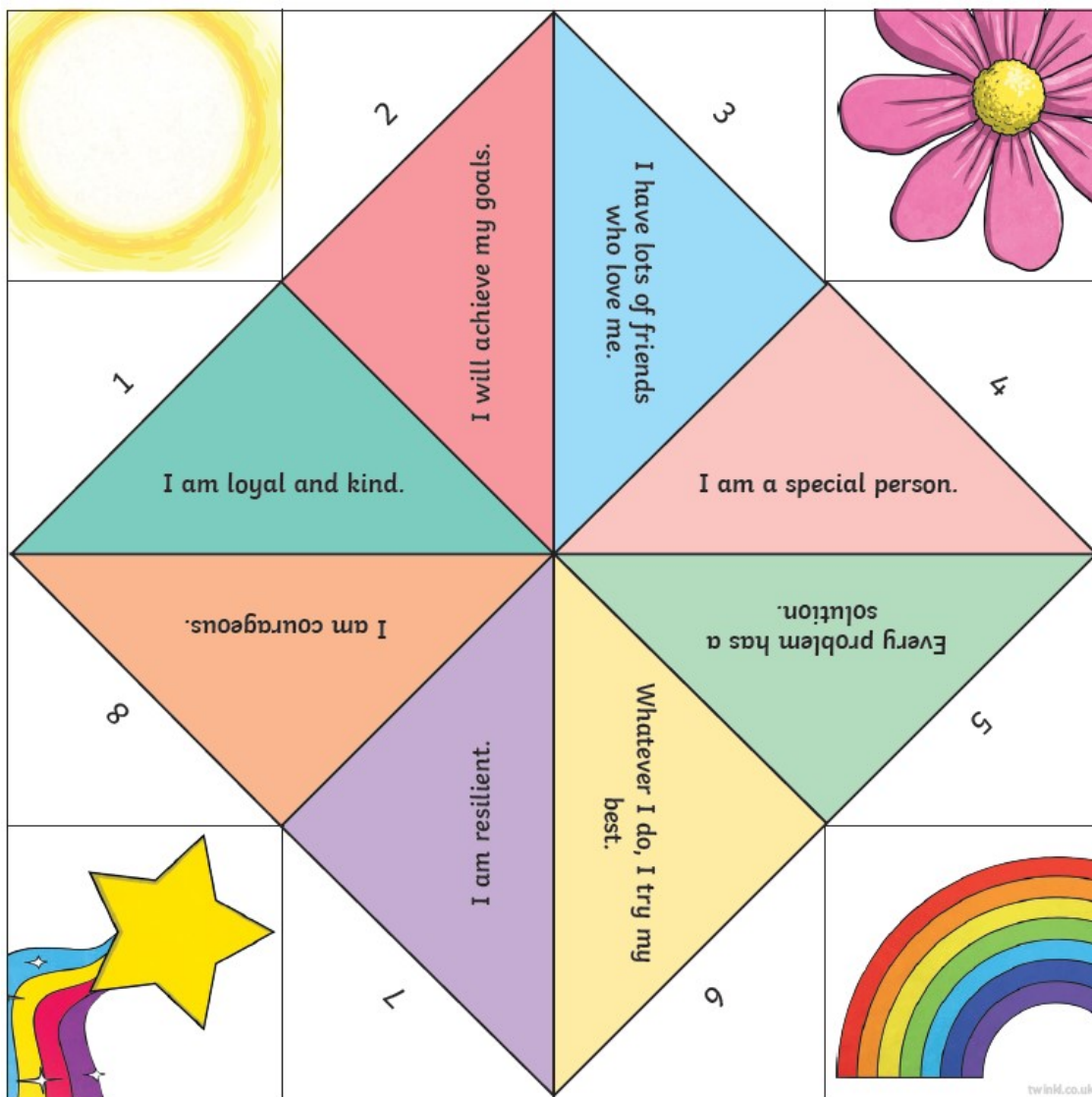
Gratitude flower walk

Take a gratitude walk around your neighbourhood. Try to observe using all of your different senses, for example; what can we hear, see, smell, and feel. Try to think of the things we might take for granted or not typically notice or appreciate.

Back home, write or draw some of the things you noticed on cardboard 'petals' which can be linked together to make a flower display.

Feel Good Friday

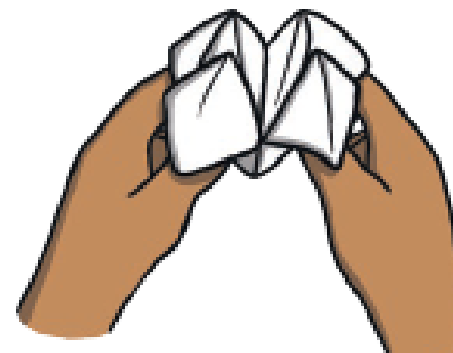
Friday 5th March 2021 – Return to School



Positive fortune teller:

Here you can make a fortune teller with lots of positive comments that can be used every day. These can help you to focus on what you want to achieve and reflect on what qualities you have already.

Instructions are on the next page.

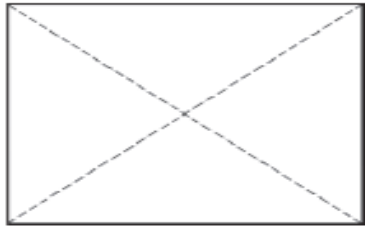


Feel Good Friday

Friday 5th March 2021 – Return to School

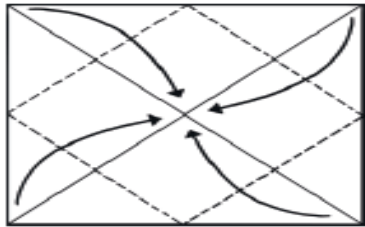
Instructions

1



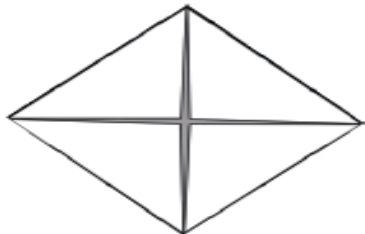
With pictures face down, fold on both diagonal lines. Unfold.

2



Fold all four corners to the centre.

3

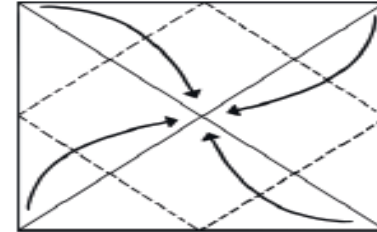


Turn paper over.

7

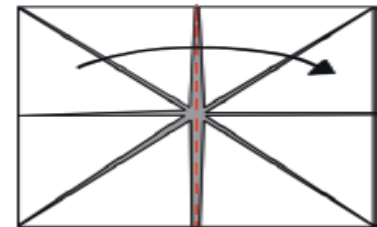


4



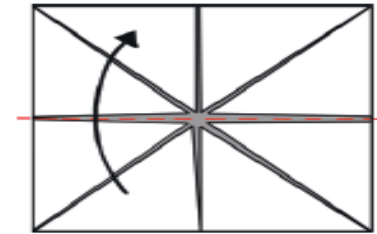
Once again, fold all corners to the centre.

5



Fold paper in half and unfold.

6



Fold in half from top to bottom. Do not unfold.

Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.

Feel Good Friday

Friday 5th March 2021 – Return to School

HOW I'M FEELING ABOUT GOING BACK TO SCHOOL



This is how I feel right now



3 Things I'm excited about...

- 1.
- 2.
- 3.

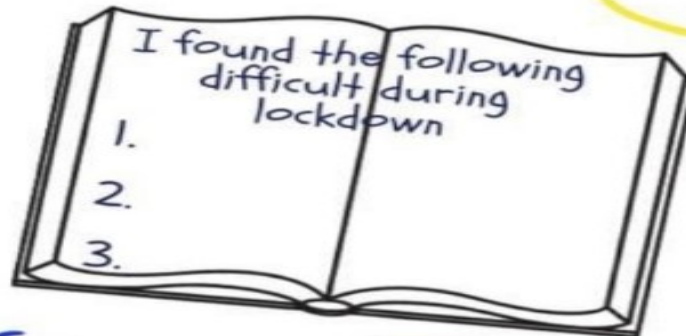
HELLO
my name is

What's playing
On my Mind...



3 things I achieved in lockdown...

- 1.
- 2.
- 3.



I found the following difficult during lockdown

- 1.
- 2.
- 3.

Feel Good Friday

Friday 5th March 2021 – Return to School

Many children are feeling worried about returning to school—watch this short video together and talk about any worries your children may have.

You may wish to complete some of the activities on the next page about sharing worries.

<https://youtu.be/VCyiiHI2SJU>



Think about who you can talk to if you are worried about anything.

Feel Good Friday

How to Make Your Own Worry Doll

A worry doll can help you to cope with difficult feelings, such as when you feel sad, angry or upset. It can help you when you are worried about something like going to school, moving into a new class, moving home or starting a new club.

While you make the worry doll with an adult, you can talk to them about how you are feeling and they may be able to help you feel better.

You can also tell your worries to the worry doll and keep it under your pillow until the morning. Hopefully, by the morning, you will feel better about your worries.

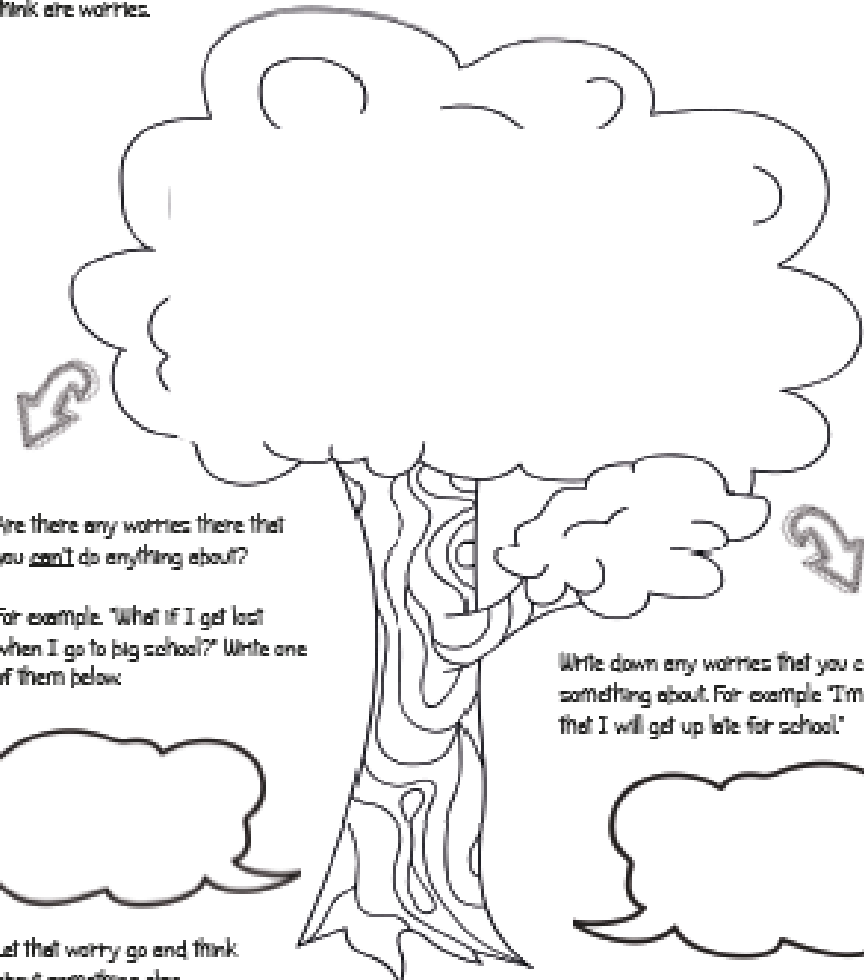


Friday 5th March 2021 – Return to School

WHAT IF I'M WORRIED?

Worrying is thinking too much about something bad that could happen. It is okay to worry. We all worry, particularly when we are in new situations, and it is normal.

Write or draw in the tree some of the things that you are thinking about. Draw a circle around any that you think are worries.



Are there any worries there that you can't do anything about?

For example, "What if I get lost when I go to big school?" Write one of them below:

Write down any worries that you can do something about. For example, "I'm worried that I will get up late for school."

Let that worry go and think about something else.

(Make a plan to sort one of them out. For example you could set an alarm to make sure that you get up.)

If you can't sort it out right now you can let that worry go and think about something else.

Feel Good Friday

Friday 5th March 2021 – Return to School

The Worry Monster



You could make your own worry monster.

You could write your worries on a piece of paper to bring back to school. We can discuss your worries and then feed them to the worry monster in class who loves to eat them up!



Feel Good Friday

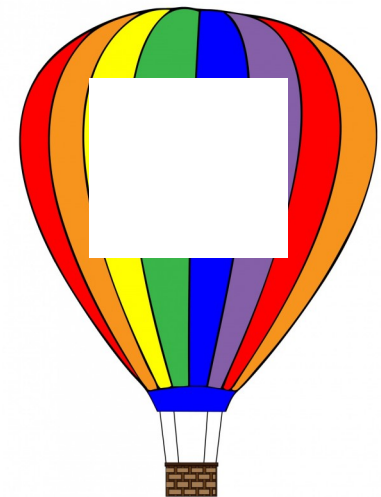
Friday 5th March 2021 – Return to School

Hopes and Dreams

What are you looking forward to about coming back to school? What do you dream about and hope for when you return?

- Playing with your friends
- Learning new topics
- Lunch time chats on the playground
- Seeing people you haven't seen for a long time
- Playing with different toys

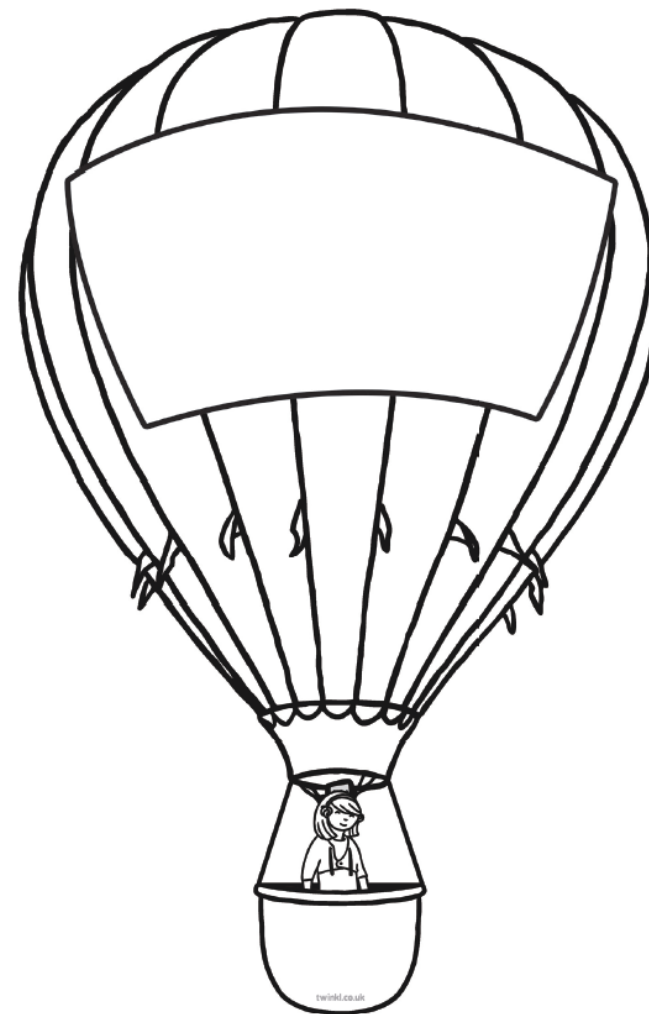
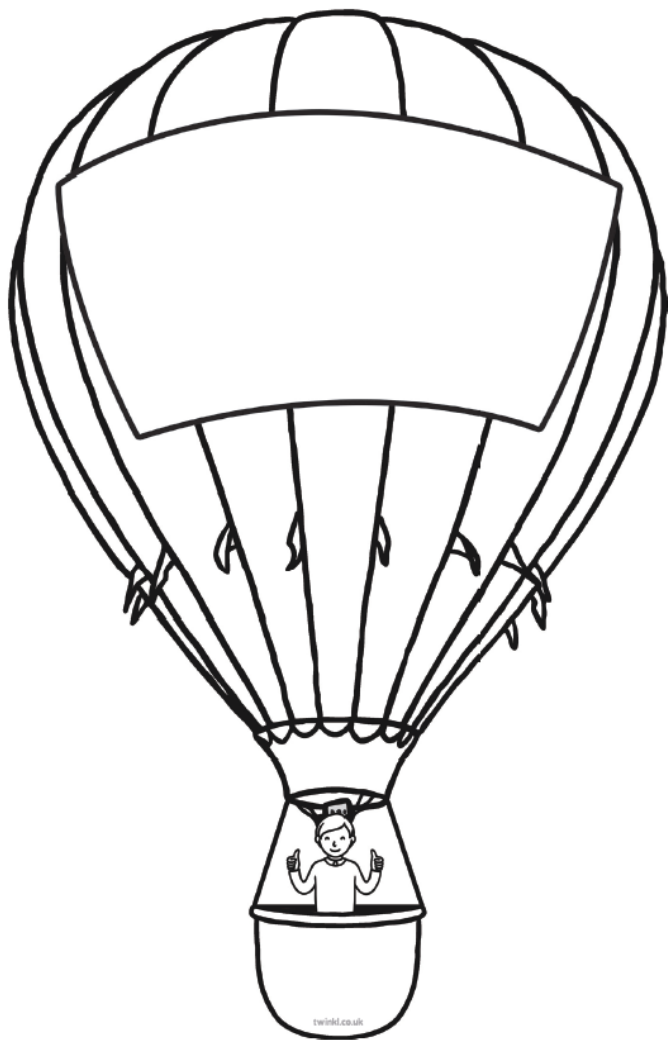
Cut out a hot air balloon shape and write your hopes and dreams on it. You could even blow up a real balloon and write your hopes and dreams on it with a marker pen.



Feel Good Friday

Friday 5th March 2021 – Return to School

Hopes and Dreams



Feel Good Friday

Friday 5th March 2021 – Return to School

Relax

What do you enjoy doing that makes you feel chilled and relaxed?

Choose your favourite relaxing activity.



Jigsaw



Watching a film



Colouring



Reading

Feel Good Friday

Friday 5th March 2021 – Return to School

Feeling Happy

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx>

Sing some happy songs:

- ◆ If you're happy and you know it
- ◆ 1 finger, 1 thumb, keep moving
- ◆ A cat came dancing

- ◆ Happy: Pharrell Williams
- ◆ Don't Worry Be Happy: Bobby McFerrin

