



The life skill focus this half term is **MENTAL HEALTH SKILLS**.

Can you try these activities at home?

You could take a photograph, record a video, draw a picture or produce a piece

of writing to show us what you've done and attach to the assignment in your class' Life Skill Channel or bring your evidence into school.

Look for the gold stars ★ the grid below to see how many you can achieve.

Your year group **focus question** is worth a gold ★ r and 10hps.

I can help someone at home. ★	Year 5 Do I know why it is important to be a good role model and friend? ★ + 10hps	I can take a photo of something that make me happy. ★
I can go somewhere to enjoy a view. ★		I can try something new. ★
How many stars can you achieve by thinking of <u>your own</u> MENTAL HEALTH SKILLS activities? ★		

Don't forget to upload them in your Life Skill Channel or bring a paper copy into school.

Aspire to be our half-termly Life Skill Champion by achieving the most gold stars and win a star badge!