





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  in the grid below to see how many you can achieve.

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

I can make something that makes me happy. 	Year 4 Can I say what I am good at and justify it?  + 10hps	I can do some exercise. 
I can go out on a day trip with my family. 		I can take five minutes to sit and breathe. 
How many stars can you achieve by thinking of <i>your own</i> 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!