



Be Good to Yourself!



Half-term Homework Project

Have you seen the staff photos in the reception area? Now, it's your chance to carry on the project! So over half-term, take (or draw) some pictures of yourself doing things that make you feel happy and make you feel good. It could be pictures of you playing sport, spending time with your family, relaxing at home, riding a bike or scooter, reading book, eating healthy food, doing a hobby, cooking something, being outdoors etc. Use the space below (or a bigger sheet!) to make a collage. The pictures can be of whatever you choose, as long as it makes you feel good and improves your wellbeing. Have fun!