

Facts4Life Activity Mat

Check In Activity

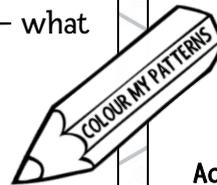
How have you been feeling?

Think about how you have been feeling over the last 24 hours. Draw emojis to show how you felt at different times. Can you think of songs or music that reflect how you felt? Make a real or imagined 'emotions' playlist – what words describe how the different pieces make you feel.

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal.

When you're feeling low what pieces of music help to lift your mood?



A bit of science

Watch this video and answer the questions below:

The science of kindness

<https://www.randomactsofkindness.org/kindness-videos/18-the-science-of-kindness>

Key facts for life:

In what ways does being kind benefit the human body?

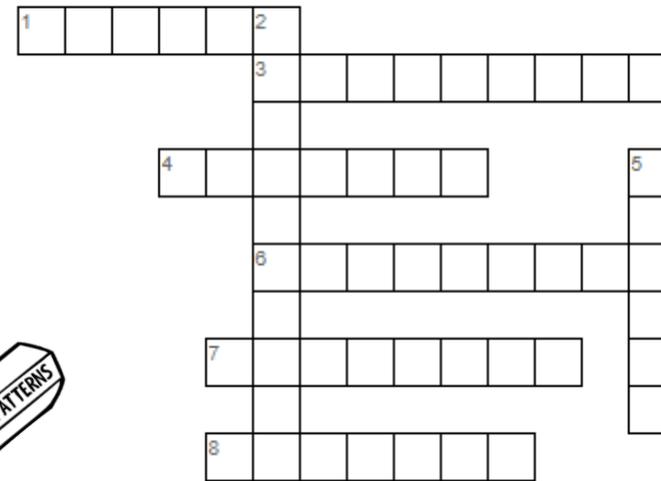
What chemicals are released when someone is being kind?

Kindness can spread in a similar way to a virus spreading. Explain how this can happen.

Further Facts4Life research: Find out more about the following:

- hormones, endorphins, serotonin.

What other activities can also cause the release of these chemicals?



Puzzle Time!

Down

2. A state of very low mood
5. _____ acts of kindness

Action

Create your own crossword puzzle or wordsearch.

Perform some random acts of kindness at home. How do they make yourself and others feel?

Across

1. A virus can do this
3. A chemical which can relieve stress and pain
4. A chemical which carries messages through the blood
6. The 'happy' chemical
7. It makes us feel good
8. When someone feels worried and uptight they are.....

Get Active

Choose an upbeat song from your playlist and create your own active routine to go with it. Try to include these moves.

Funky
Chicken

Bunny Hop

Knees Up



Jazz hands

Running on
the spot

Floss

Teach it to
someone either
at home or
remotely!

For more ideas for moves, see the 'Be Active' poster: <https://facts4life.org/for-parents-carers/>

