

Check In Activity

What colour is your mood?

People sometimes associate different colours with different moods, e.g. they might use grey or blue to represent sad feelings. What colours would you use to represent these emotions: sad, angry, happy, excited, calm, frightened, jealous?

Draw a picture of yourself to represent a time when you felt 'down' and another to show when you felt 'up'. Use colours to emphasise the different emotions.

Why do bruises change colour?

Watch this short video and answer the questions below:

<https://www.youtube.com/watch?v=W0s-ND-Uewk>



Key Facts for Life

What causes a bruise?

Draw a series of pictures showing how a bruise changes colour from red to blue to greeny-yellow as it heals – underneath each picture explain what is causing this change of colour.

What other things can you think of which heal naturally in the body?

What can we do to help the body when it is ill?

An important fact for life:

Most of the time most people recover from most illnesses on their own.

Think of illnesses you have had. Which illnesses needed a visit to your GP or hospital and which got better on their own just with time and rest? If you went to your GP or to your hospital did you need treatment or were you told that your body would heal by itself?

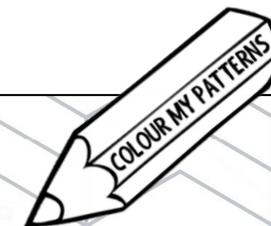
Puzzle Time!

Find the missing letters to work out the word

1	2	3	4	5	6	7	8
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1. _lue
2. _ed
3. bilir_bin
4. cap_llary
5. ves_els
6. sk_n
7. gree_
8. oxy_en

Use this idea to design your own word puzzle to test out on a friend or family member.



Give



Being kind to others helps to boost our own mental wellbeing and gives us a 'warm glow'. It obviously also makes others feel good too. How many of these acts of kindness can you do in the next week? Tick them off as you do them. Notice how they make you / other people feel.

Smile at someone	Offer to help out with a chore	Make someone a cup of tea
Pay someone a compliment	Do a bit of cleaning without being asked	Tidy your room
Send a positive message to someone	Leave a thank you note for someone	Choose some items to give to charity

For more give/be kind ideas, see <https://facts4life.org/for-parents-carers/>