

## A – Z of emotions

Going through the alphabet, can you think of one or more emotions that begin with each letter? E.g.

- A – angry, anxious
- B – bewildered
- C – calm etc



Choose five different emotions to consider:

- What might trigger each of those emotions in someone?
- How does each emotion feel physically?
- If the emotion is a difficult one, what might help someone to deal with it positively? Create a storyboard to explain a difficult emotion – what caused it, how it felt and how it was dealt with.

All emotions are a normal reaction to our experiences. We **all ride the ups and downs** of both our physical and emotional health.



## The A – Z of wellbeing strategies

Watch this video: <https://www.youtube.com/watch?v=5EXpkVw3fh0>

### Key Facts for Life

Which of these strategies do you currently use to support your wellbeing?

Create a picture which illustrates those strategies.

Which strategies do you not use? Why?

Choose one strategy you don't currently use to try in the coming week.

Add it in to your picture.

'Smoothing the path'. See what you can discover about the vagus nerve. Stimulating this nerve helps us to feel soothed. List or draw the sorts of things that help to stimulate this nerve.

## Puzzle Time!

### Numbers and letters brain teasers

Can you work out what words the letters stand for in the following clues:

1. 26 L of the A
2. 7 D of the W
3. 365 D in a Y
4. 12 S of the Z
5. 52 C in a P (WJ)
6. 3 S in a T
7. 90 D in a RA
8. 60 M in an H
9. 9 (or 8?) P in the SS
10. 64 S on a CB
11. 18 H on a GC
12. 100 C in a M



Ask someone to help you if you get stuck!  
Answers will be printed in Activity Mat 12.

Can you create 10 more puzzles using the same idea?

## Get Active Challenge

It might be difficult to play a team sport at the moment but there are lots of other ways we can work out.

Choose some of the following workouts to do this week:

- Cycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1.5 miles in 15 minutes
- Stair climbing for 15 minutes
- Gardening for 30 minutes
- Walking 1.5 miles in 30 minutes
- Shooting baskets for 30 minutes
- Cycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Walking 2 miles in 30 minutes
- Washing windows, floors or a car for 45 minutes

