

# Facts4Life Activity Mat

## Check In Activity

Think about how you are feeling today. If you were to pick a drink that reflects your feeling what would it be? Maybe something fizzy and light, or something strong, maybe something sweet, or cool... Draw the drink choosing a glass or cup that fits your mood too.



Remember, how we feel changes all of the time so even if you're feeling a bit like flat cola right now you might feel like hot chocolate with rainbow sprinkles later. **Ups and downs** are completely normal!

## The Five Ways to Wellbeing

Watch this video: <https://www.youtube.com/watch?v=bsc2QkCC3uI>

The Five Ways ideas from our previous activity mats are all shown on the accompanying sheet.

If you tried any of these, which were your favourite activities? What did you do and how did the activities make you feel? If you didn't then maybe try some out now or over the summer break.

You may want to use some of the Five Ways ideas in the planning activity opposite.



- Answers to last week's Numbers and Letters Brain Teasers:
1. 26 Letters of the Alphabet
  2. 7 Days of the Week
  3. 365 Days in a Year
  4. 12 Signs of the Zodiac
  5. 52 Cards in a Pack (Without Jokers)
  6. 100 Centimetres in a Metre
  7. 60 Minutes in an Hour
  8. 9 (or 8?) Planets in the Solar System
  9. 64 Squares on a Chess Board
  10. 18 Holes on a Golf Course
  11. 100 Centimetres in a Metre
  12. 100 Centimetres in a Metre

## Thinking about the summer holidays?

For many people the school summer holiday this year will be quite different from previous years. Use Edward de Bono's six thinking hats to help you plan how you will best use your summer break.

The rule is that when you 'put the hat on' you can only think in that manner. Work through each hat to help you put together your summer break plan. Use the accompanying grid to help with your planning.



The Red Hat stands for feelings. How are you feeling about the coming summer break?



The Black Hat stands for negativity and obstacles. What are things which might make the summer break difficult?



The Green Hat stands for creativity. Write down all the things you would like to do or achieve this summer. Be as creative and imaginative as you can at this stage.



The Yellow Hat stands for positivity. What are all the positive things about your creative ideas above?



The White Hat stands for information. What do you need to find out in order to put your ideas into action? Here you will find out what is actually possible and what is not.



The Blue Hat stands for planning. Now you have the information you need, make a plan as to how you are going to best use your time in the summer break.



Back to the Red Hat. How are you feeling about the plans you have made? If you're not entirely happy with your plans then you may need to use some of the hats again until you are.