

# Facts4Life Activity Mat

## Check In Activity

### Make a selection then explain your choice

Pick an emoji that reflects how you are feeling at the moment. Draw it or craft it using what's available at home. You could draw and colour or you may wish to sculpt, build or model.

### Riding the Ups & Downs

How we feel changes all of the time. This is completely normal. Notice how you feel each day or even throughout the day.



## Laughter – Feeling Good

Watch this Operation Ouch clip on Laughter then answer the questions below.

<https://www.youtube.com/watch?v=u8U4znYyDpk>

- What does laughter do for us?
- What are endorphins and what do they do?
- What things help you to feel good?
- What can you do to help others feel good?



### Challenge

**'Smoothing the path with happy things'** Make a poster of the things that make you feel happy and display it in your bedroom to remind you of how to boost your mood each day.

G T A V I Y Y E V H S I M A S  
 Q N Y R O G S U U C N S W A E  
 P A I S H I K G V O I B O G L  
 Z Y L T C B G K N U H F U D F  
 S G G R C I G H H H P U W A C  
 S Y E J N E A Q Z C R P H Q A  
 L X R G H H N J N R O L S L R  
 E A H O R M O N E S D E N M E  
 Y C U C F L F W O U N H I Z U  
 Q P J G N I V L L C E J K D Y  
 O L P H H G N I Y A L P O I O  
 G W T A C T M S V H U O L Z C  
 A B P G H U E F V I M F D N B  
 Z L F V O G N R S Q P A I N Y  
 Y J C M Q L W O B F J W U H M

## Puzzle Time!

- connecting
- endorphins
- exercise
- happy
- help
- hormones
- hugging
- laughter
- mood
- pain
- playing
- self-care

## Connect - with a smile!



I say, I say I say! Where do fish keep their money?  
 ... In a riverbank!



Did you find that joke funny? Maybe not!  
 Laughter is good for our mental health – when we laugh our brain releases special chemicals that lift our mood. But what makes one person laugh doesn't always work on another. Make a collection of jokes. Try them out with people you are in contact with. Can you find out what sort of things make different people laugh?

For more activity ideas, visit <https://facts4life.org/for-parents-carers/>