



## PSHE / WELL-BEING ACTIVITIES FOR YEAR 3.

Positivity	What have you done or achieved recently that has made you feel proud? How many things can you think of? Start writing them down and keep adding to your list.
Friendship	Draw a picture of a friend, add labels about all the things you like about them.
Relationships	Write a letter to a friend or family that you haven't be able to see for a while. Your letter could include: - what you have been doing, if you have grown since you last saw them, what you miss about them and what you would like to do when you can see them again.
Health	With an adult try and go out for a walk as often as you are allowed. What can you see, hear and smell? Remember to stay with your adult and keep safe.
Mindfulness	Try one of these 5 Mindfulness techniques with Cosmic Kids <a href="https://www.youtube.com/watch?v=Wsy2L9VvX90">https://www.youtube.com/watch?v=Wsy2L9VvX90</a>

