



Challenge 1

Every day we have lots of different emotions. How are you feeling at the moment?

What do you feel like most days?



happy



sad



excited



surprised



loved



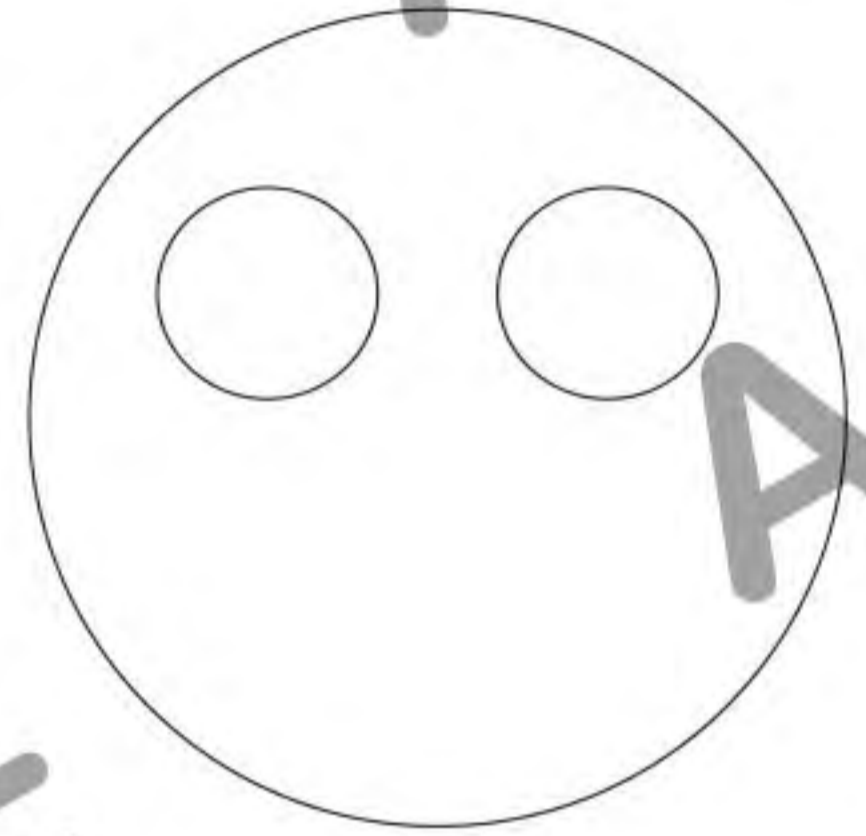
bored



cross



scared



Challenge 2

How can you help?



Dirty car



Food on the floor



Dry plants



I have no one to play with



I'm thirsty

I have a headache



Bleeding knee



Dog needs a walk



Someone needs to talk



Spilt drink



Someone is badly hurt

Help corner



get **C** _ _ _ e c _ _ d

Challenge A



How many letters in the shortest word?

Challenge B



What number is the letter d?

get **A** _ _ t _ _ _

Exercise helps my brain to l _ _ _ n and concentrate.

It helps me s _ _ _ at night.



Exercise gives me more e _ _ _ g _ .

It helps _ i _ _ my mood.

get **L** _ a r _ _ n g

Finish the sentences below

I can't do this...

Mistakes help us to...

Maybe I could work this out...

Changing my brain takes...

time and effort

learn

yet

a different way

get **M** _ _ d _ _ l

3 things I am grateful for...

1

2

3