



Your name: _____



How do these make you feel and why?

Challenge 1

Every day we feel lots of different emotions. How do you feel most days (circle below)?



happy



sad



excited



surprised



loved



bored



cross

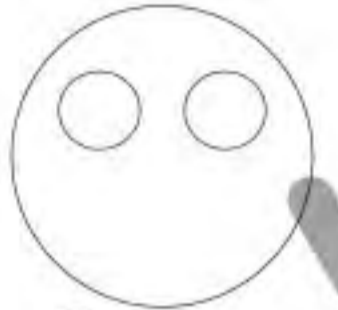


scared

School

Friends

Family



What is empathy?

Challenge 2

Match the problem with

how to help



I'm lost!



I feel scared and unsafe



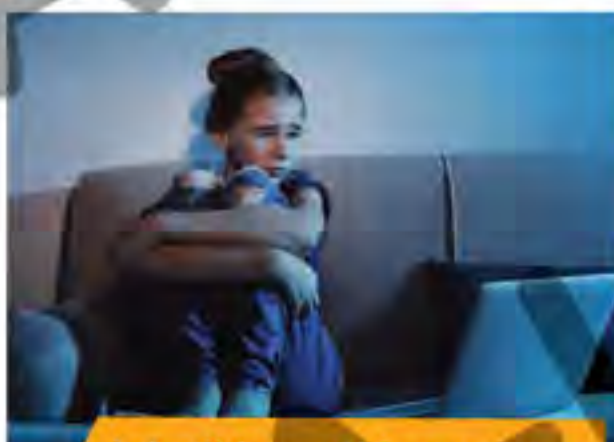
Help! He's not responding!



Feeling lonely



Online bullies



I don't know this person...



I've hurt my leg and I can't get hold of my mum

Never go anywhere with anyone without asking your parent/carer's permission first. If someone is making you feel uneasy, find the nearest shop and tell someone who works there. Or a mum/dad with children.



You can call Childline on 0800 1111.

Childline offers free, confidential advice and support whatever your worry, whenever you need help. You could also talk to a teacher or other trusted adult.



Call 111 if you need medical help fast but it is not a 999 emergency.



Don't accept friend requests from people you don't know. Talk to a grown up at home.

Call 999



The main 3 services are police, ambulance and fire, but you can also contact the coastguard, cliff rescue, mountain rescue and cave rescue. Once you have told them where you are they will start arranging help for you.

You can even text 999 if you cannot talk.



Don't reply to messages from bullies. Speak to a teacher or other trusted adult. You could tell a friend too.



YOU can help!

Challenge A



Challenge B



Challenge C



How many letters in the shortest word?

What number is the letter g?

How many smiley faces?

Why is daily exercise an important habit?

It helps my brain to

.....

It gives me

.....

It makes me

.....

It lifts my

.....



Good for brain

- 1
- 2
- 3
- 4
- 5

Bad for brain

- 1
- 2
- 3
- 4
- 5

3 things I am grateful for...

1

2

3