SOCIAL GROUP – 6th CLASS – MRS. BARRON

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| **Teacher’s Name** | **Claire Barron** |
| **Class Level** | **6th class** |
| **Week Beginning** | **27th April** |
| **Email address** | **mrsbarronset@gmail.com** |

Dear Parent(s) / Guardians and children,

Thank you all for your correspondence last week. I am glad to hear that everyone is well and staying safe. I hope you enjoyed thinking of happy memories last week. This week we will focus on Positive Emotions. We all need to stay positive in these times of stress. Please complete the worksheet attached and you can screenshot and email back to me if you wish.

I found this YouTube clip about how to help your child if they feel anxious during the current pandemic. Some of you had mentioned this emotion so perhaps it will be useful.

<https://www.youtube.com/watch?v=1xTqKWst7Us>

Thanks,

Claire Barron

*(This worksheet is designed using ideas from the Weaving Well Being Programme)*

**FEELING POSITIVE EMOTIONS!**

**Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Decorate the page.**

**I feel calm when….**

**I feel proud when……..**

**I feel grateful when………..**

**I feel amazed when……….**

**I feel interested when…………**