

## SPHE: Myself- Self Love 2

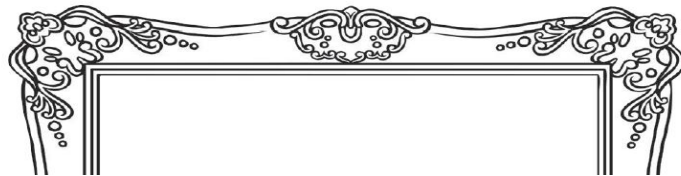
As we approach Midterm Break let us focus some more on looking after ourselves.

The following activities are on our school website and can be printed off or you could create your own version using what ever materials you have at home, crayons, colouring pencils or markers. Give them a go !

# Think Positive

## Super Me!

We are all unique and special. In fact, we are super! In the picture frame, draw yourself wearing a superhero costume and add some words to describe super you.



- Positive Thinking worksheet
- Super Me worksheet
- Look on the Brightside worksheet

The sheets are on our school web page and can be printed !

## Stress Ball

Try making your very own stress ball. It is super easy ! All you will need is an empty bottle, flour, card or paper, markers, and wool. Watch the video and see can you do it. Ask an adult for help !

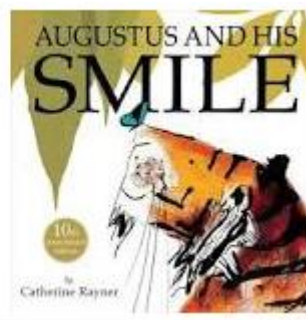


<https://www.youtube.com/watch?v=Fz5iEBdJM84>

Listen to 'Augustus and His Smile' by Catherine

## Augustus and His Smile

Book by Catherine Rayner



Rayner

<https://www.youtube.com/watch?v=5BRwclM4b8Q&t=19s>

Did you like the book ? Where did Augustus find his smile? Why not go for a walk like Augustus and see what makes u smile along the way ? When you come home illustrate/draw out what you saw on your walk.

We all love to play, sometimes we can't go outside. Here is a game that you can play when you can't go outside . Its fun and you will feel great whenyou get quicker and quicker !

<https://toytheater.com/visual-memory/>



Have fun and  
remember you're a  
super !