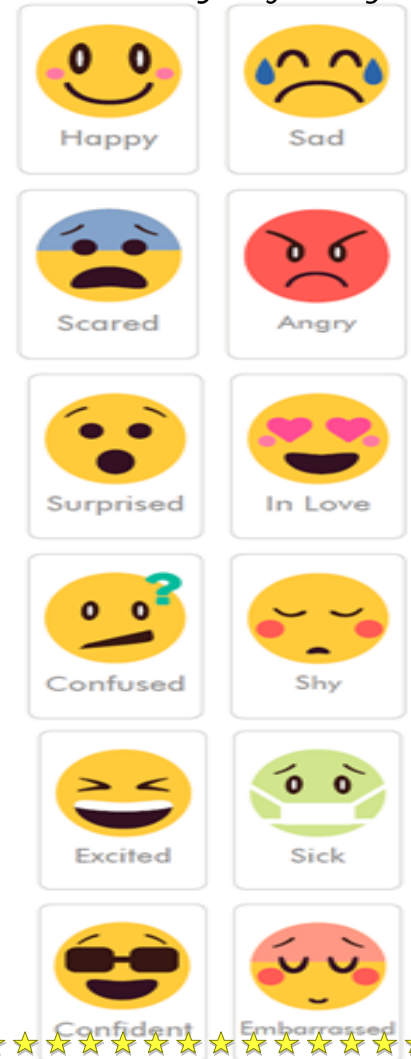


How are you feeling?



<p>Choose a recipe, follow the instructions and bake something delicious! Don't forget to tweet a photo!</p>	<p>Design a poster to remind people to wash their hands</p>	<p>Give everyone in your house a compliment.</p>
<p>Watch 'Have you filled your bucket today' By Carol McCloud <a href="https://m.youtube.com/watch?v=3EuemNAo6XE">https://m.youtube.com/watch?v=3EuemNAo6XE</a></p>	<p>Build a simple Lego model using only 10 bricks. Then give instructions on how to build it to an adult using the same bricks.</p>	<p>Collect 5 objects or toys Ask an adult to take one item away. Can you guess what is missing each time? Can you train your brain to remember up to 10 objects?</p>
<p>Make a book filled with drawings, photos and pictures from magazines that make you happy.</p>	<p>Create a comic strip about how to be a good friend.</p>	<p>At dinner time everyone chooses one of the tasks below. Give me 5..... Emotions Superheroes Book characters Ways to express anger Things found in the sea</p>
<p>Watch the following clip and design your own 'memory orb' <a href="https://m.youtube.com/watch?v=AXGhfYVAOKE">https://m.youtube.com/watch?v=AXGhfYVAOKE</a></p>	<p>Watch the following clip and create your own 'Personality Island' <a href="https://m.youtube.com/watch?v=AXGhfYVAOKE">https://m.youtube.com/watch?v=AXGhfYVAOKE</a></p>	<p>Create a calm box at home. It could contain: Something that smells relaxing. Fiddle toy Play dough Book to draw in Stress ball to squeeze.</p>