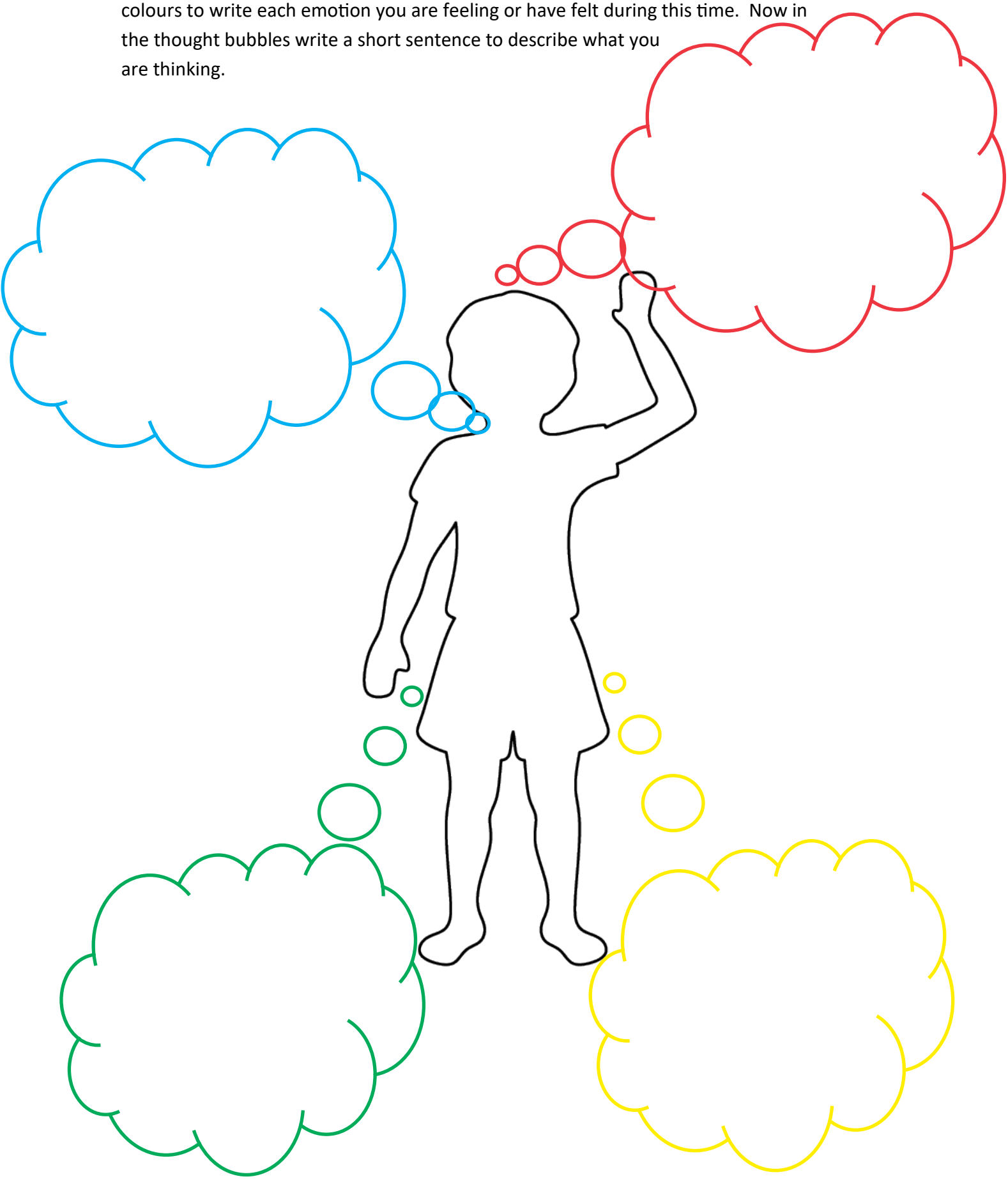
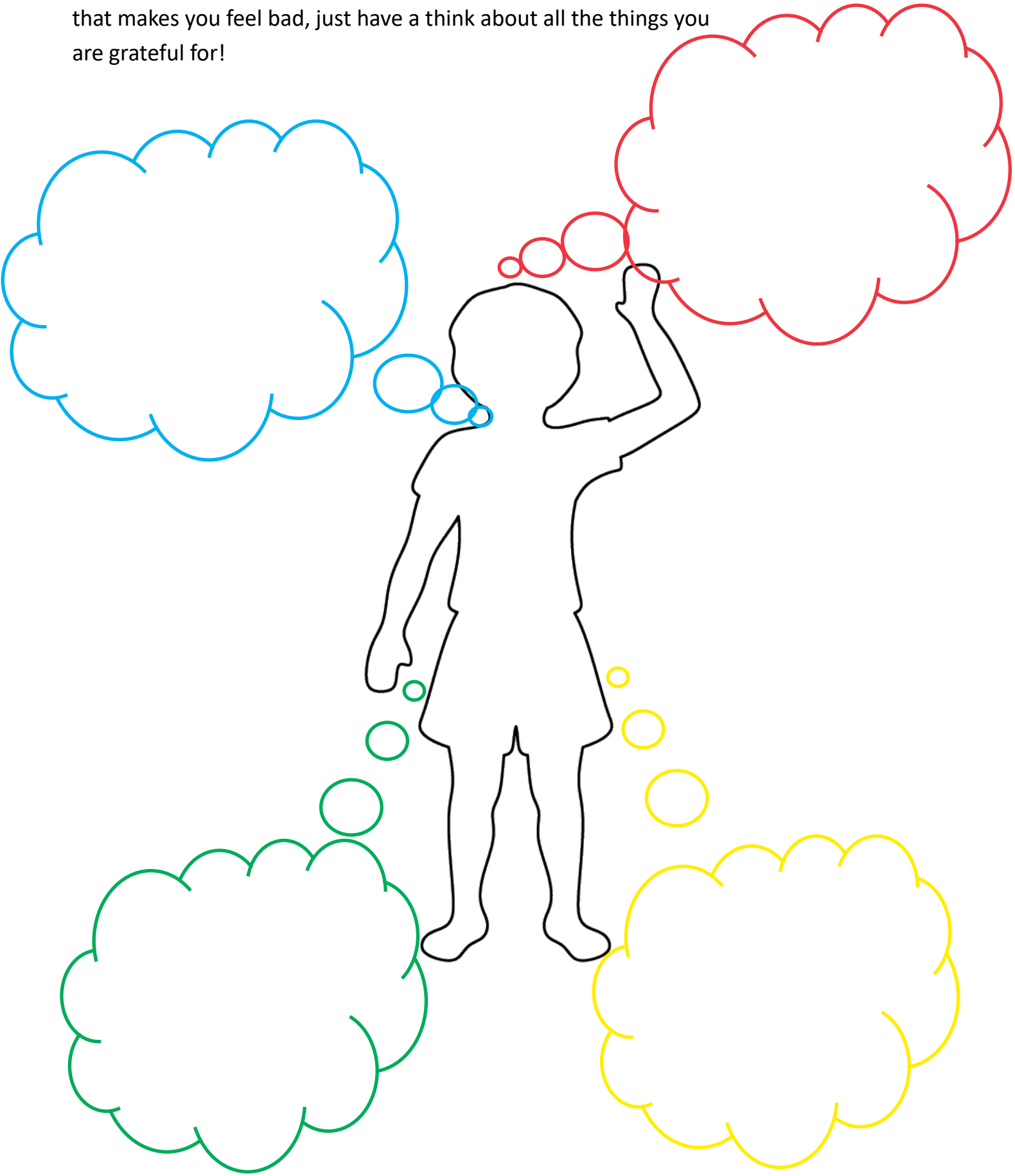
Changes and feelings

It's important to understand and talk about how we are feeling. How are you feeling about home learning, not being at school and not seeing your friends/family/teachers? Write all of the different emotions you might be feeling inside the person, get creative and use different colours to write each emotion you are feeling or have felt during this time. Now in the thought bubbles write a short sentence to describe what you are thinking.



Changes and feelings

Now it's time to think about all the things you are grateful/thankful for. Write in each thought bubble the things you are grateful for. Then write down how those things make you feel inside the person. Now every time you are feeling a negative emotion that makes you feel bad, just have a think about all the things you are grateful for!