

*Friday 14<sup>th</sup> May 2021*

<i>Learning Objective</i> <i>To explain the connection between our thoughts and feelings.</i>	
<i>Success Criteria</i>	<i>Self-Assessment</i>
<ul style="list-style-type: none"><li><i>To recap on the everyday feelings and big feelings we may feel.</i></li></ul>	
<ul style="list-style-type: none"><li><i>To describe the link between our feelings and the choices/behaviours we make or show.</i></li></ul>	
<ul style="list-style-type: none"><li><i>To work as a group to identify coping strategies.</i></li></ul>	

*Can you write down all of the everyday feelings or the big feelings we may experience?*



*Can you explain how your feelings may impact the choices and decisions you make?*