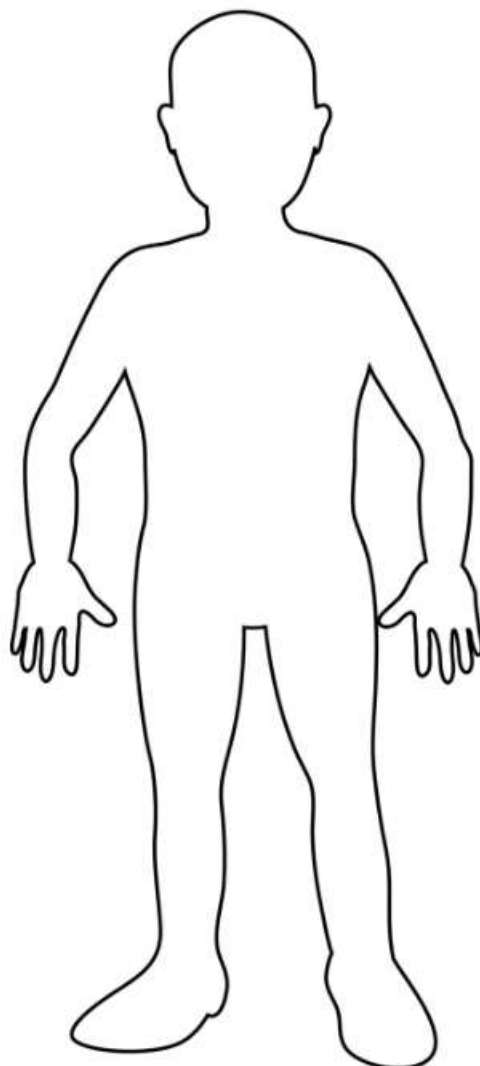


Wednesday 5th May 2021

<u>Learning Objective:</u> <i>To explain how our bodies might feel if we are scared.</i>	
<u>Success Criteria</u>	<u>Self-Assessment</u>
<ul style="list-style-type: none"><i>To identify situations where we may feel scared.</i>	
<ul style="list-style-type: none"><i>To explain which parts of the body we may feel these feelings.</i>	
<ul style="list-style-type: none"><i>To describe what we can do if we are feeling scared and who we can ask for help.</i>	

Can you label the body below to show how the body reacts when we feel unsafe?



Below is a mindful colouring activity. If you finish with your work this is a great way to relax your mind and give yourself some 'you' time.

