

Only One You by Linda Kranz

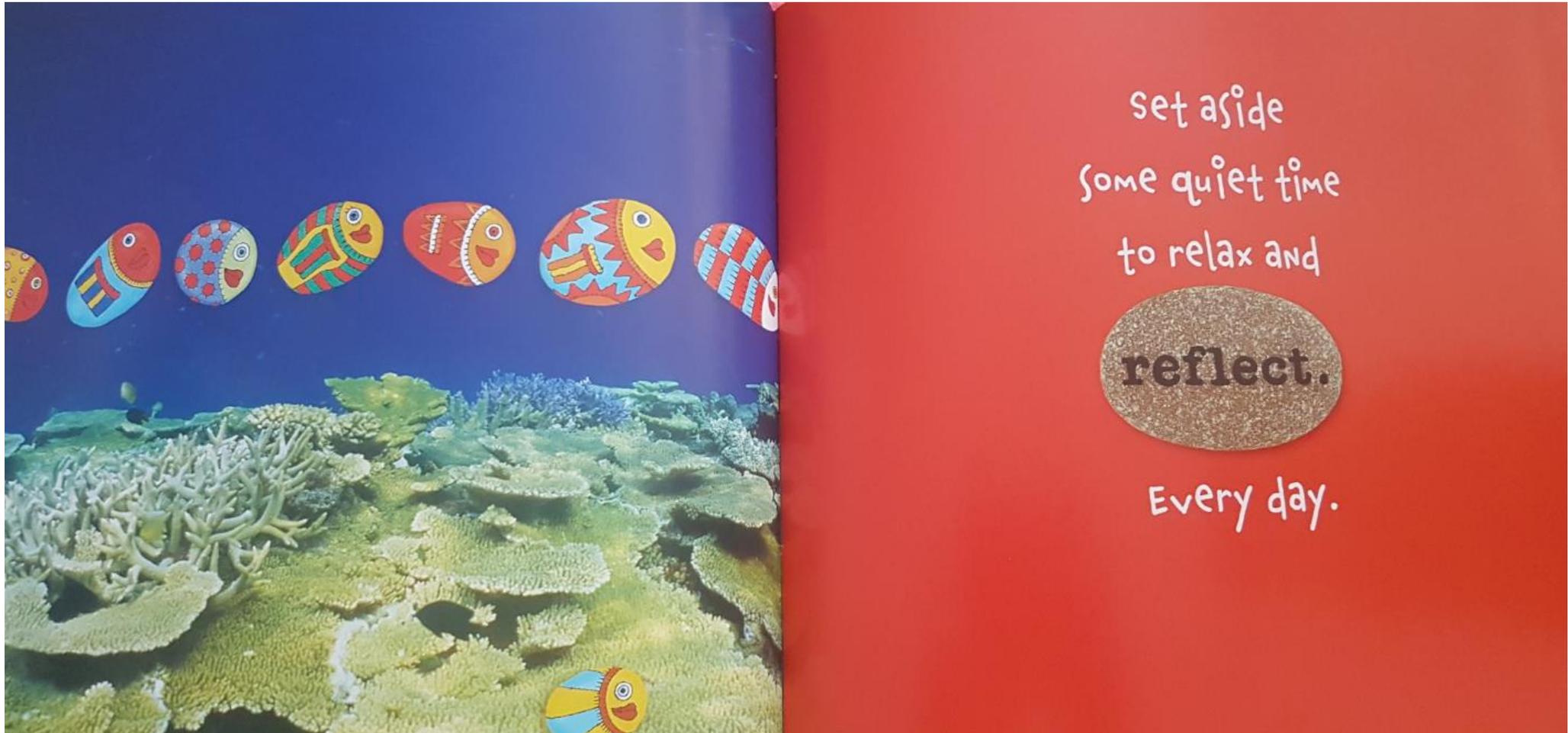




“It’s time,” Papa said.
“I think it is,” Mama agreed.
“Time for what?” Adri asked.
Papa’s voice softened,
“To share some wisdom.”



Here is some of the wisdom that mama and papa shared with Adri.



set aside
some quiet time
to relax and

reflect.

Every day.



One way to reflect on the day is to think about your feelings.

There's a lot going on in the world right now and thinking about how it's making us feel is important.



Write down or draw as many feelings as you can think of in 30 seconds.

Read, steady go!



How many of these did you think of?

Happiness

Sadness

Joy

Confusion

Relaxed

Thankful

Anger

Cheerful

Fear



Talk to a grown up about the feelings you have written or drawn.

Which feelings do you like having?

Which feelings do you not like having?

Can you think of a time when you have felt some of these feelings? What was happening at the time?

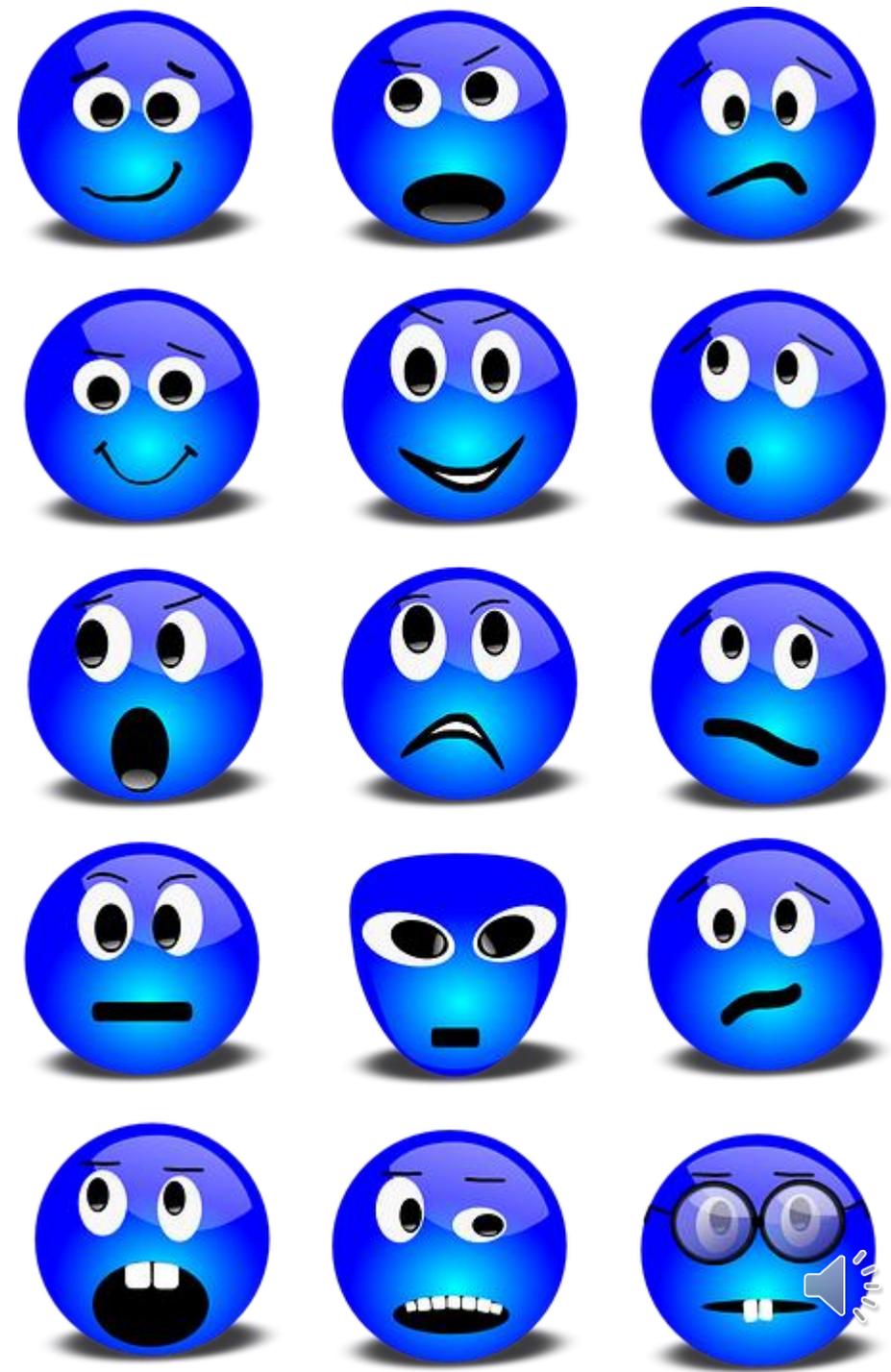
If we are down what things can we do to feel better?



Feelings

Feelings can be confusing sometimes!

Sometimes we feel a mixture of emotions. Have you ever felt happy and sad at the same time? Or angry and worried at the same time?



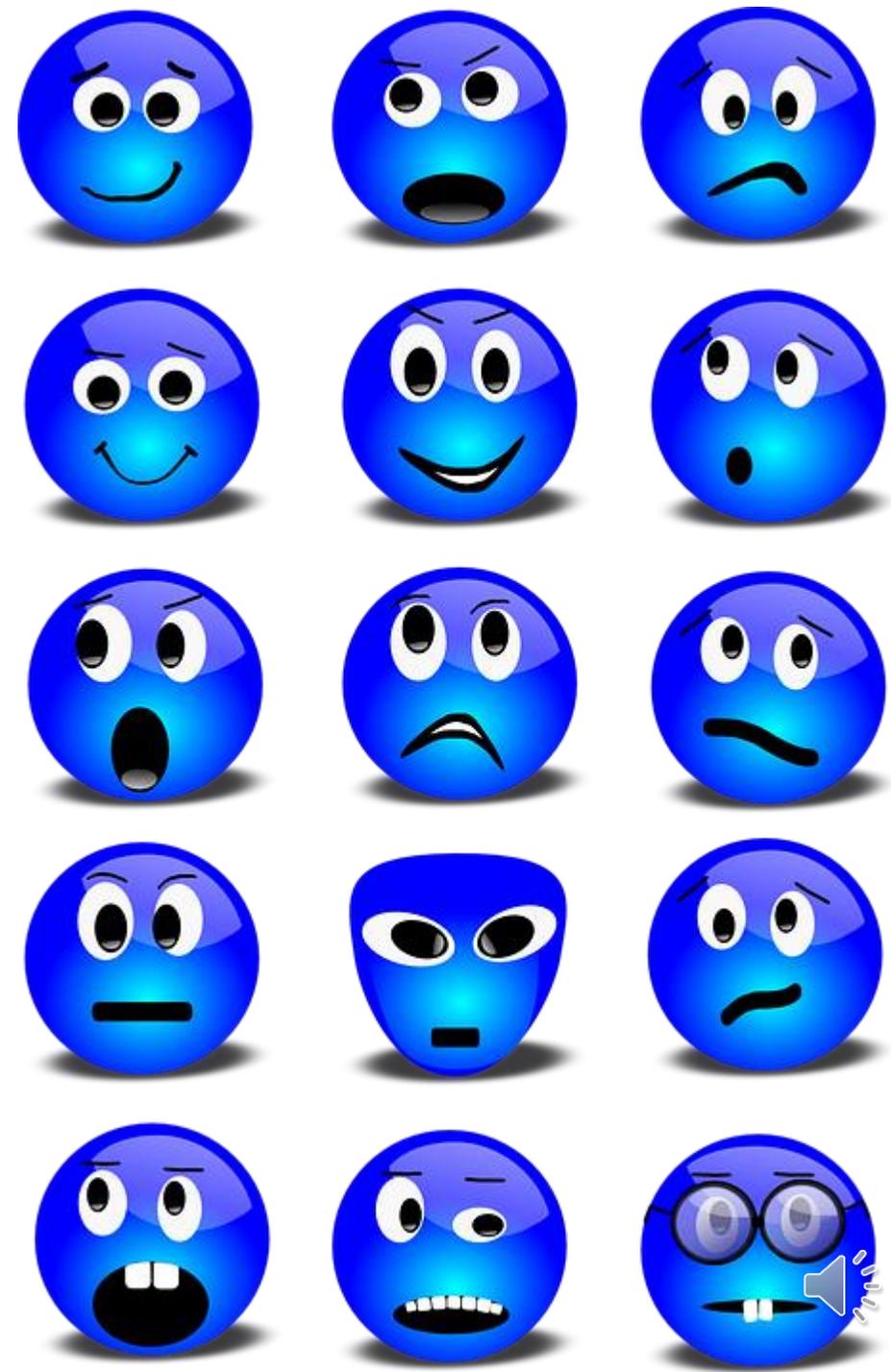
Feelings

Sometimes our feelings can change quickly. We can feel happy and then a few minutes later, we can feel anxious - that's ok!



Feelings

Sometimes we can't explain our feelings. We might feel angry but not be able to explain why - that's ok too!

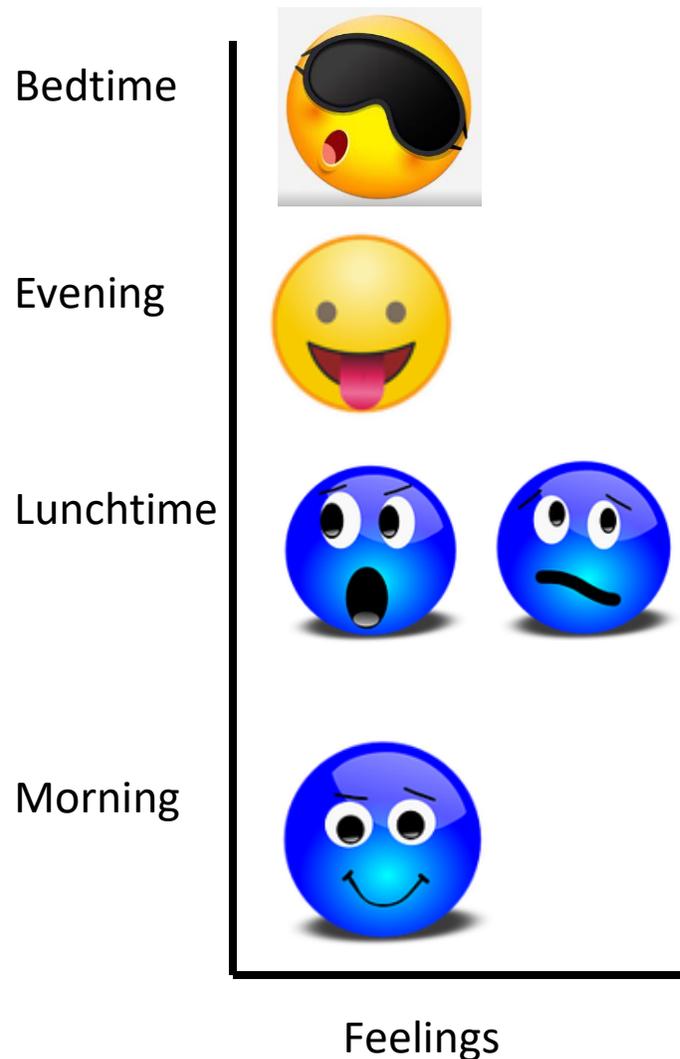


Draw a picture showing how you are feeling now.

Here is mine.



Why not make a feelings chart? This helps us to think about how our feelings change throughout the day.



When you've made your chart talk about it with your grown up.

What feelings did you go through in the day?

What made you feel like that?



Always remember that your feelings are important and that it's always helpful to talk about them because you're special and there's only one you!



You can download this resource from <https://thelinkingnetwork.org.uk/home-learning-resources/books-4/> and explore our other #homelearning resources.

Hope you have a good day and remember to keep sharing those feelings!



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