

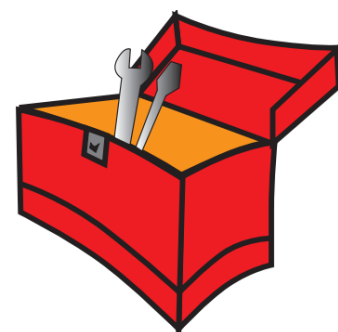
Year 4: PSHE

Lesson 2

Life is upside down right now! Finding ways to relax and cope is vital to helping your mind and body switch off from your worries. Try these activities to help you to feel positive!

Coping Toolbox

You will need: any box or container (if you don't have one, then find a special place in your room to put the items or draw a picture of the items).



This will be your 'coping toolbox' which you should fill with things which remind you of good times or help you to feel better when you're feeling down.

Examples: Photos, drawings, a gift which someone has given you, a sachet of hot chocolate, a bath bomb, a list of activities that help you to relax (cuddle a teddy, watch your favourite DVD, take 10 deep breaths etc.)

Dealing with Change

We're dealing with lots of changes right now - we can't change the current situation, but we can look for the good things about it to help ourselves feel better.

Here are some examples of how we can change our negative thoughts to positive ones. Have a go at writing a couple of your own examples:

Negative Changes	Positive Changes
I can't play football in the park.	I can spend more time with mum.
I miss my teacher.	I don't have to get up early.
I can't hug my Grandma.	I can spend more time with my family.
I miss my friends.	I don't have to wear school uniform.
I can't go to school.	I don't have to eat school meals.