

CLASS 2
POSITIVE MENTAL
HEALTH

11.2.21

During the lockdown Class 2 have been thinking about the people and things they miss and have come up with tips for looking after our mental health.

Clara



I miss my friends because I like them.
I miss my cousins because I love them.
I miss my nanny because I love her.
I miss swimming because I like it.
I miss the club I can go with my friends.
I want to go on holiday to a nice beach.

Kian

Things I miss

1. I am missing sports club because I haven't played them for a long time.
2. I am missing going to school and seeing my friends.
3. I miss my great grandparents the farm in Ireland and hope we travel there soon.
4. I miss going to Rush to Jump and do flips on the trampoline in our garden.
5. I miss playing football on Saturdays at my football club and hope I score lots of goals when it starts again.
6. I miss going to the zoo and seeing all the animals.

However I am lucky because we have a trampoline in our garden.

Laila-Beth

Positive Mental Health

To help our mind be healthy we can...



We can spend time outside with
people that makes us smile.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

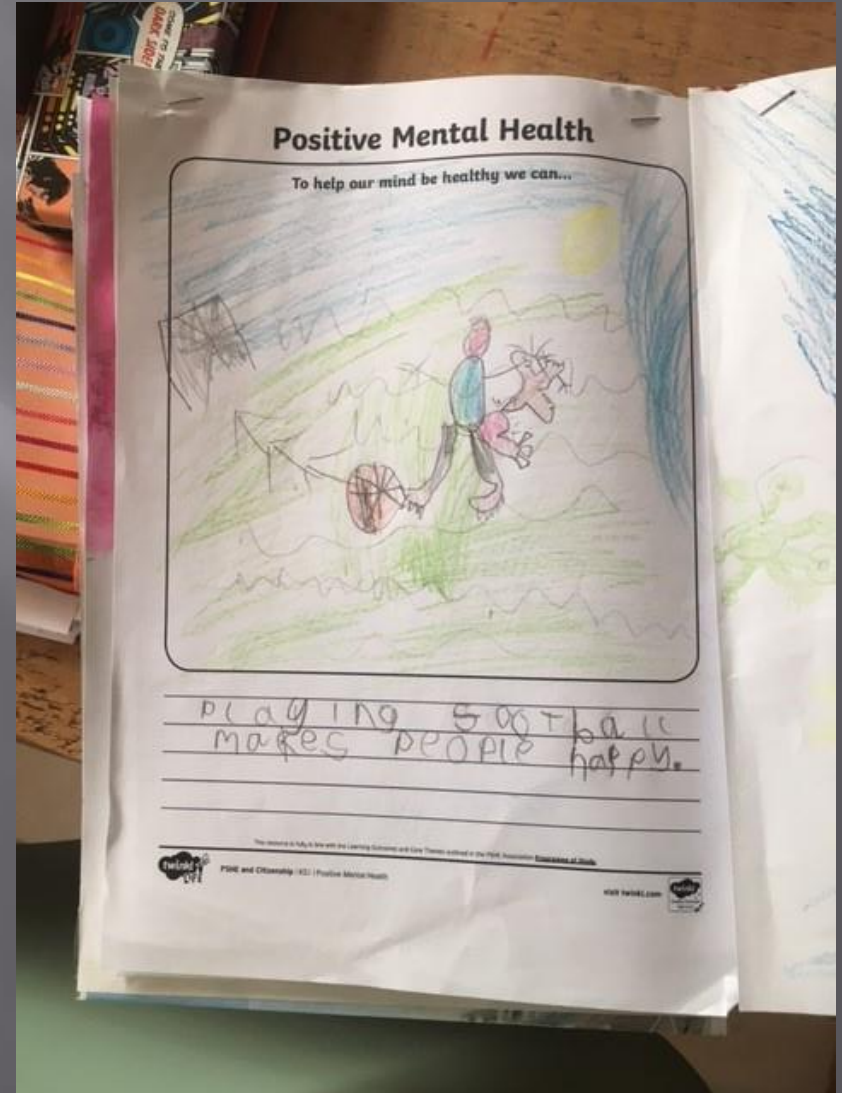
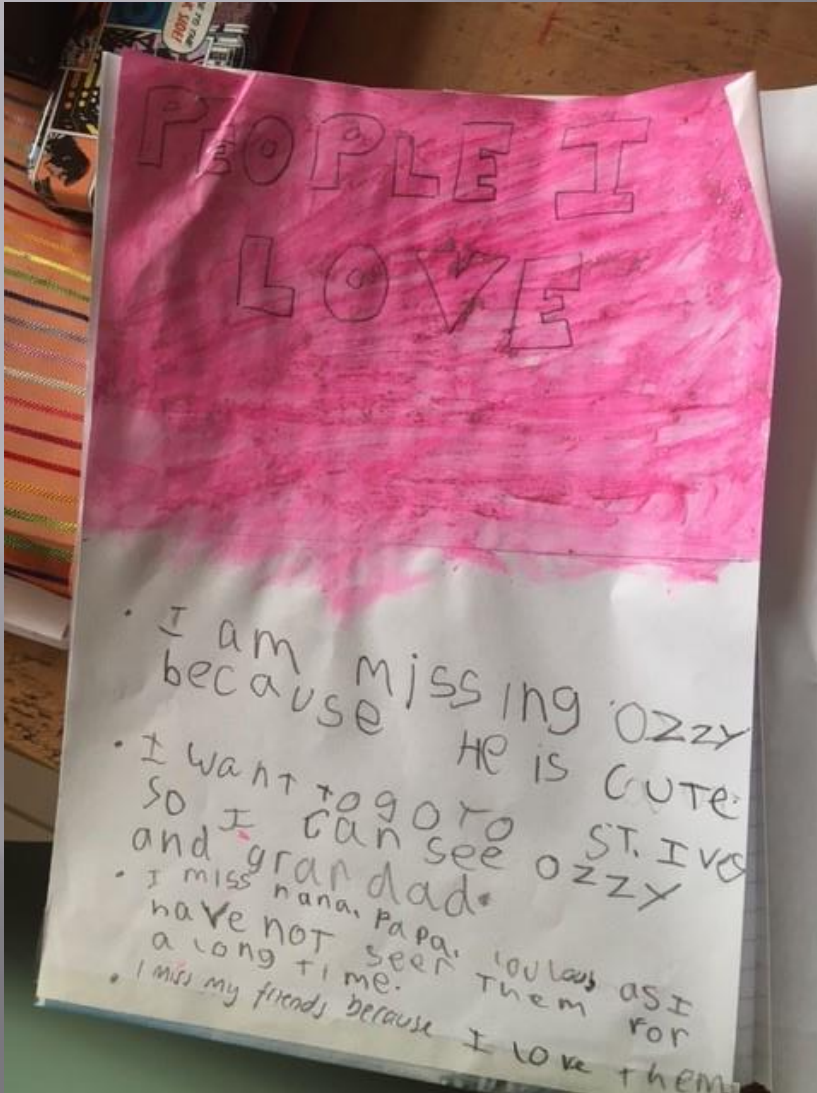


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Sam



Things I am missing

I am missing playdates, so when this over I want to go see my friends.



Ava

I am missing slumber parties at my cousin's house because I love her.




I miss swimming as i used to go every sunday.



Ava has tried really hard to make her writing neat with her sore finger!



Positive Mental Health

To help our mind be healthy we can...



Play with our friends

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Ryan

