



Year 3 & 4



Feel Good Activities

<p>Miss Goodwin</p> <p>Create a kitchen/ living room/ bedroom disco</p> <p><i>Listen to your favourite song, and have a dance and sing at the top of your voice!</i></p>	<p>Miss Marsh</p> <p>Go outside or sit by a window and listen to the birds singing</p>	<p>Mrs Peters</p> <p>Make a card for someone you love or write them a poem</p>
<p>Mrs Cox</p> <p>Do some take 5 to relax</p>	<p>Mrs Allen</p> <p>Plant a seed</p> <p>Spring is a great time to grow something new, what will you grow?</p>	<p>Emilia (Y3)</p> <p>Build a jigsaw puzzle</p> <p>or,</p> <p>Poppy (Y3)</p> <p>Build something out of Lego</p>
<p>Rosie (Y3)</p> <p>Have a lovely bubble bath, and if you're feeling luxurious, throw in a bath bomb!</p>	<p>Logan (Y3) & Olivia (Y3)</p> <p>Get baking!</p> <p>Olivia recommends cheese straws or cupcakes, and Logan has made a delicious pizza.</p>	<p>Mrs Cox</p> <p>Pay someone a compliment to spread some joy</p>
<p>Poppy (Y3)</p> <p>Organise your things- Poppy finds organising her Pokémon cards calming</p>	<p>Hunter (Y4)</p> <p>Build a den or fort and play in it- get creative with blankets and boxes to create it</p>	<p>Miss Goodwin</p> <p>Go outside or sit near a window and star gaze at night/ watch the clouds in the day- can you see any shapes in them?</p>
<p>Miss Marsh & Emilia (Y3)</p> <p>Do some calming, mindful colouring</p>	<p>Jenson M (Y4) & Georgia (Y3)</p> <p>Spend some time outside playing on a bike or scooter or doing your</p>	<p>Mrs Allen</p> <p>Bake a cake</p> <p>(and Miss Goodwin suggests licking the bowl too)</p> <p><i>Next page →</i></p>



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	favourite activity like football or basketball	
Keanna (Y4) Play with your pet/s (if you have one) Playing with her dog always cheers Keanna up	Robbie (Y4) Play football (to make this even more fun Robbie recommends singing your favourite song at the same time, his is lemonade)	Eliza (Y4) Play your favourite game on the computer or Nintendo Switch (or board game)
Georgia (Y3) Cuddle up and watch your favourite film (why not have popcorn or your favourite snack?)	Mrs Peters & Rosie (Y3) Go for a walk, and Rosie loves feeding the ducks on her walks	Miss Goodwin Find the comfiest spot in your house (maybe under a blanket with a hot choc) and read your favourite book

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