

WELLBEING

EMOTIONS AND GRATITUDE

WEEK COMMENCING 30th MARCH



LEARN

- Have your Spring Term wellbeing booklet in front of you, turned to the lesson with the title 'Lesson Ten: Emotions (Look for what's good)'.
- Watch this video to remind yourself of the range of emotions you experience in your daily life:
<https://www.youtube.com/watch?v=puXSw8yrVnI>
- Gratitude is a more complex emotion than the ones you just heard about, but a really important one for many reasons. Watch, then discuss, this next video with an adult to find out more:
<https://ed.ted.com/featured/Yrv8lnzX>



YOUR TASK

1. Think of someone you are really grateful you have in your life.
2. Write a letter to them saying why you appreciate them and what they have done for you. Be sure to include how what they have done has helped and made a difference for you.
3. If you can, read it aloud to them – do this over the phone or post them the letter if they don't live with you!
4. If you have time, work through the tasks for lessons 11 and 12 too this week too, as we'll be moving on to the lessons in your Summer Term wellbeing booklet after the Easter break.