

WELL BEING WEDNESDAYS

WELL BEING WEDNESDAY WEEK SIX

Thank you for your PROUD photos and challenges. They were amazing, and I am so proud of you all!

Our WELL BEING WEDNESDAY this week is all about HAPPY THOUGHTS and

ANXIOUS (WORRY) THOUGHTS. Our brain is an amazing, super strong part of our body. It is our body computer and never switches off.



Our brain tells us if we are happy, anxious, scared, excited, confused and absolutely everything.

This is why we must look after our brain.

Your first activity is to either use the attached sheet or draw two brains and write down inside each one your happy brain emotions, and then your anxious brain emotions.

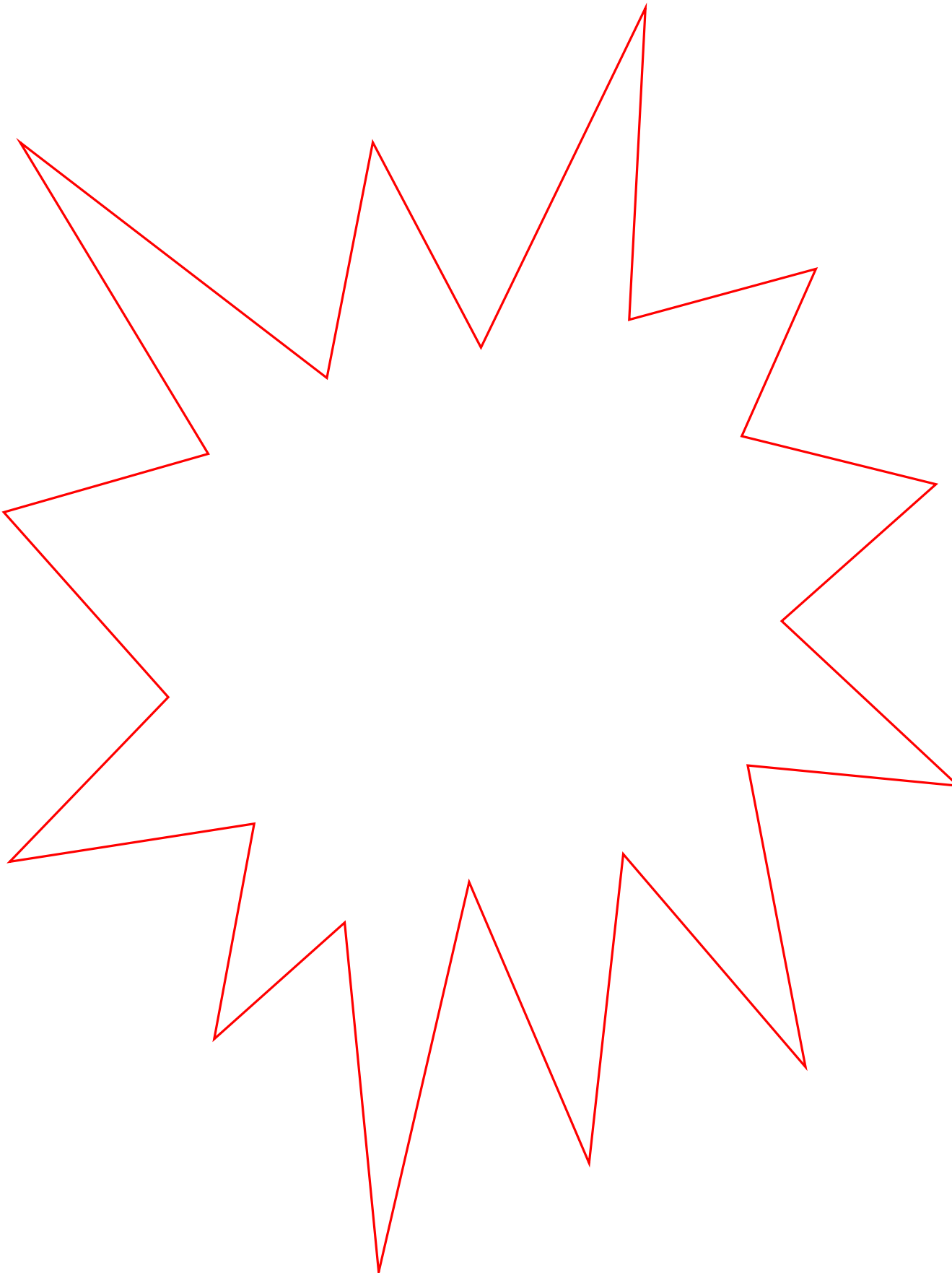
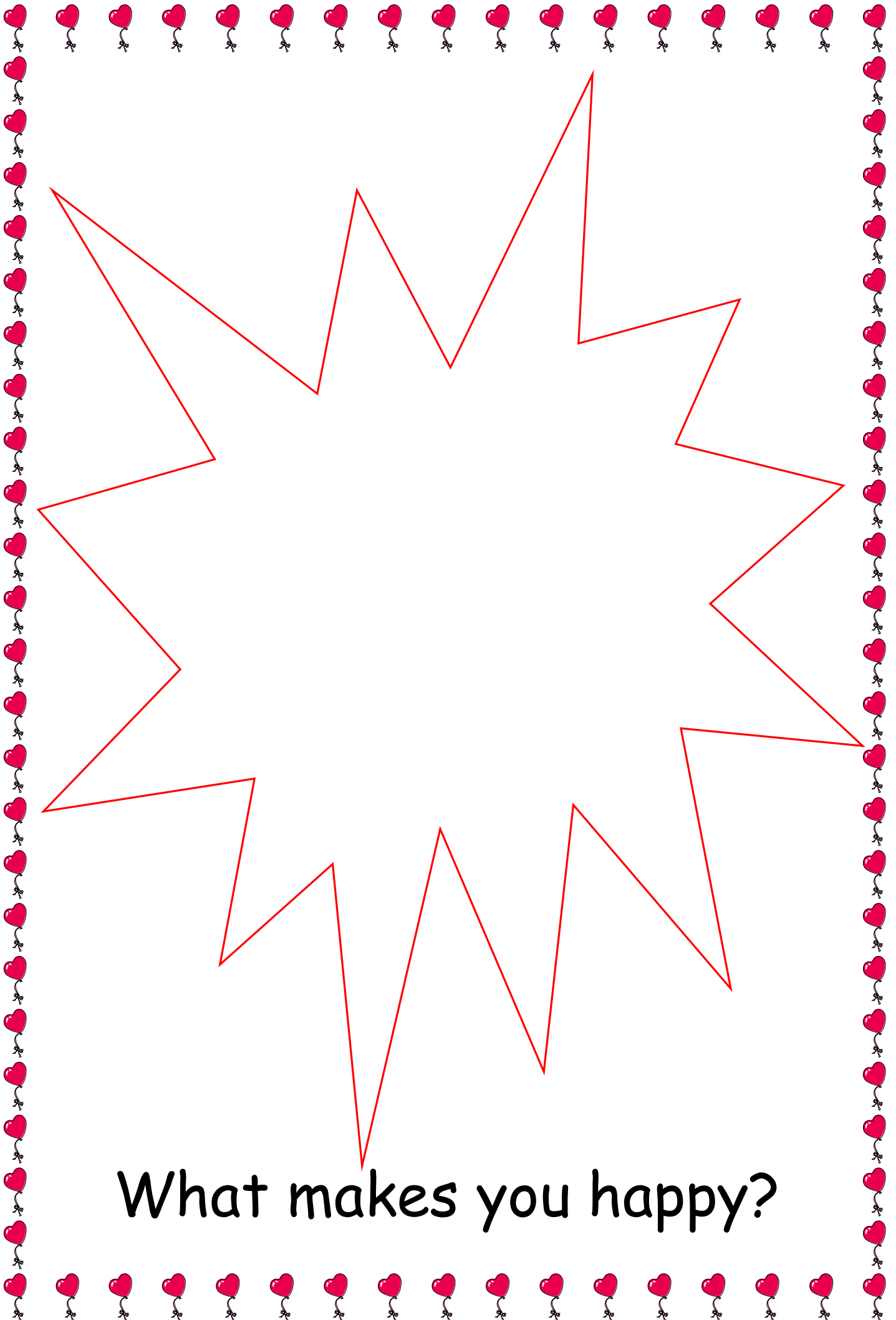
THOUGHTS AREN'T FACTS!

WHAT DOES YOUR BRAIN CONTAIN?
WRITE YOUR EMOTIONS OR FEELINGS

HAPPY BRAIN

ANXIOUS BRAIN

WHAT COLOURS WOULD THE TWO DIFFERENT BRAINS BE?



What makes you happy?

What makes you anxious?

