

Mrs Nester's Home Learning Weekly Challenge: 6th July 2020

At school we have been talking a lot about recovering and rebuilding after the recent events. I thought in an effort to do that it would be nice to try to think about happier times both in the past and those that are hopefully to come in the future.

1. How many words can you find that have the same meaning as happy e.g. joyful? Can you write a list?



2. How does it feel when you feel happy? Is it a good feeling or a bad feeling? What sort of things make you feel happy? Is it doing something or spending time with friends and family?

3. Is it OK if you don't feel happy all the time? Can you play a game of emotion charades and try to guess how the people miming are feeling?



4. Can you make a happiness box and put all your happy memories in it? How will you decorate it?

5. Finally see how many songs you can find that make you feel happy, have happiness in the lyrics or just make you feel happy (and then have your own kitchen disco!)

