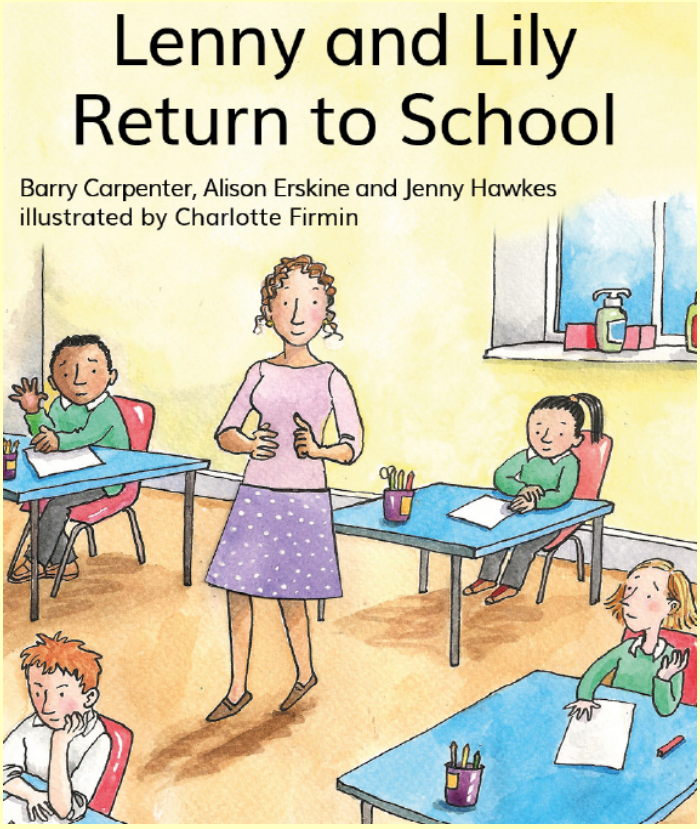
Lenny and Lily Return to School



Lenny was feeling anxious about school. What could he do to make himself feel better?

* Talk to adults and his friends about his worries

* Put his photo on the red or yellow circle on the Feelings Board





* Write his worry down and post it in the worry box or worry monster



* Do something to make himself feel happy - think of what he is good at, pull a card from the Happiness Jar and to share a happy thought



* Follow the Golden Rules. This helps to keep everyone safe and happy.

We are going to make a Happiness Jar. Each afternoon we will add some notes that make us happy. It could be a drawing, a message from your friend, a joke, an activity you enjoy doing etc.







Ideas for messages in the happiness jar

- You are special and unique
- Sometimes you win, sometimes you learn.
- Focus on the step in front of you, not the whole staircase.
- When you focus on the good, the good increases.
- Celebrate every win, no matter how small.
- You are loved no matter how you feel.
- The way you speak to yourself matters.
- A beautiful day begins with a beautiful mindset.

We are all part of the Circle Of Friends



What does that mean?

We wear our school jumper to show we bel



We are also part of a year group

and we are part of a class.

Each class has a responsibility, we must work as a team. Keeping our classrooms tidy, keeping ourselves safe staying in the class bubbles and looking out for our class friends to make sure they are feeling happy.

We all belong to Newport Infants and we belong to our class.



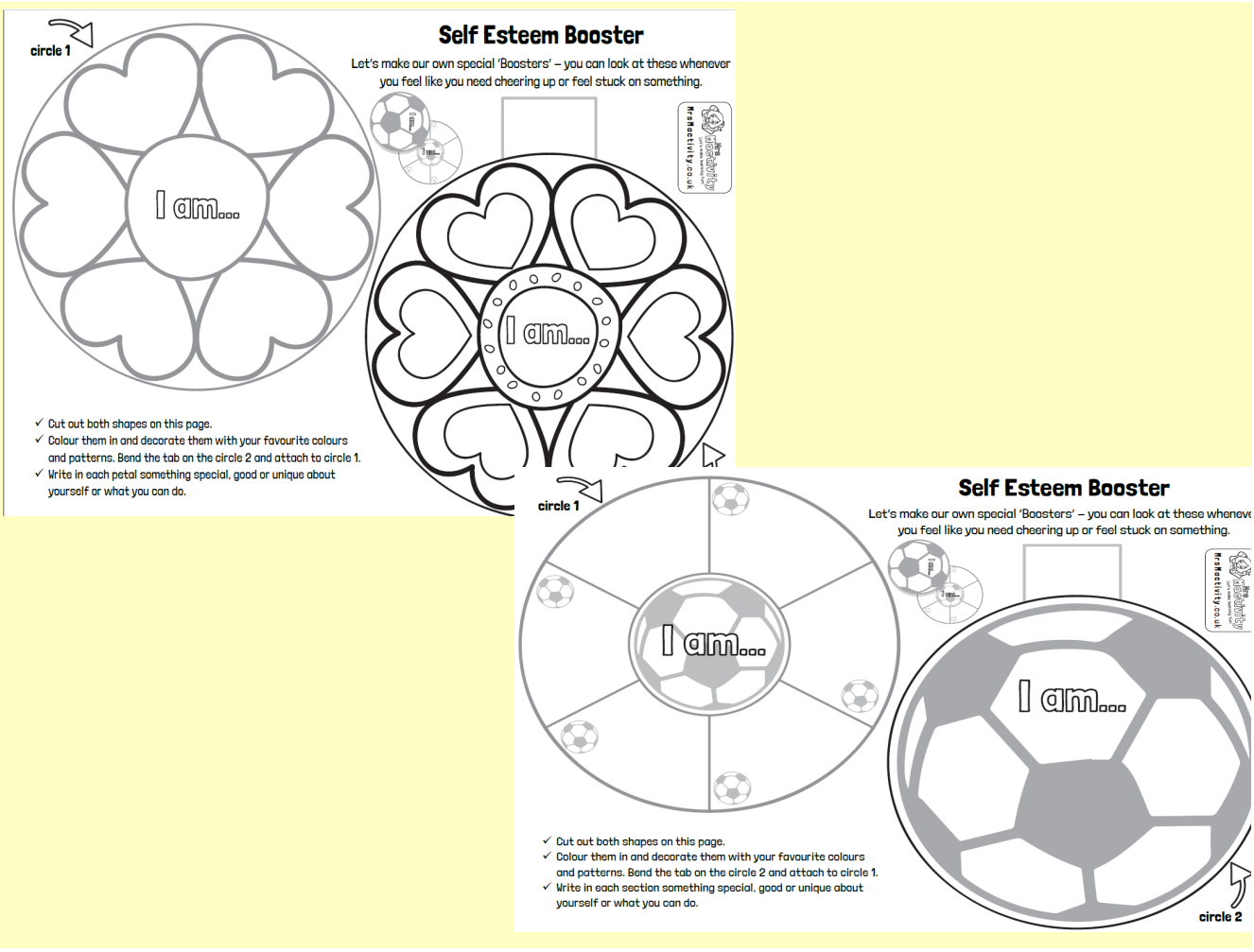
We have a new member of the class.

We need to look after him/her and make sure they feel they belong to the class. Can you help look after your class bear?

Let's name the bear!



Ideas please then we'll have a vote!


circle 1
Self Esteem Booster
Let's make our own special 'Boosters' – you can look at these whenever you feel like you need cheering up or feel stuck on something.
I am...
I am...
✓ Cut out both shapes on this page.
✓ Colour them in and decorate them with your favourite colours and patterns. Bend the tab on the circle 2 and attach to circle 1.
✓ Write in each petal something special, good or unique about yourself or what you can do.
circle 1
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✓ Colour them in and decorate them with your favourite colours and patterns. Bend the tab on the circle 2 and attach to circle 1.
✓ Write in each section something special, good or unique about yourself or what you can do.
circle 2

Attachments

Lenny+and+Lily+Return+to+School.pdf