

This video series from TREE focuses on well-being for children. We try to raise children's awareness of their own physical and mental well-being and empower them to do things which positively influence their well-being.

MAIN IDEAS

1 Pay attention to how you're feeling.

2 Other people feel stressed too - you're not alone.

3 Try to improve your mood by doing something relaxing.

Which emoji is your favourite?

That's okay. It's normal to feel like that.

What would you put inside your happy box?

ACTIVITIES

Unscramble

Learners unscramble the letters to spell the five senses.

Decide

Learners choose items to put in their happy box.

Draw

Learners draw the items they plan to put in their box.

ACTIVITY AIM:

- To revise vocab related to senses.

ACTIVITY AIM:

- To help children understand the link between their emotions and the outside world.

ACTIVITY AIM:

- To empower children to do things which make them feel better.