

PSHE-Healthy Me

Recap-

Look back at last weeks work. Have you been motivated to do the task you listed from last week? How did that make you feel?

Today we are thinking about what it means to be calm or tense (not calm). Look at the pictures below and put them in order of the most tense - least tense. You can write a short sentence to describe the picture when ordering them, if you are unable to print.



Now can you think of a time when you feel calm and when you feel tense? Draw a picture to show each of these and write some describing words about how you feel at that time. What can you do to help when you are feeling tense?

<u>Calm</u>	<u>Tense</u>

You may want to do the following Yoga clip to help you feel relaxed!

<https://www.youtube.com/watch?v=KMY2pMsLiJw>