

TASK:

Fill the circles with things that help you to feel better and some realistic hopes and dreams.

i.e.

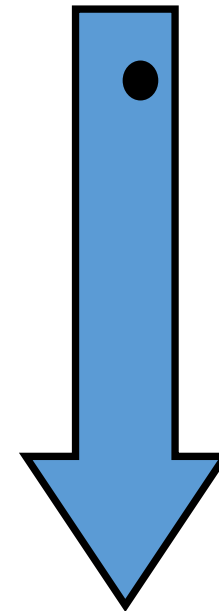
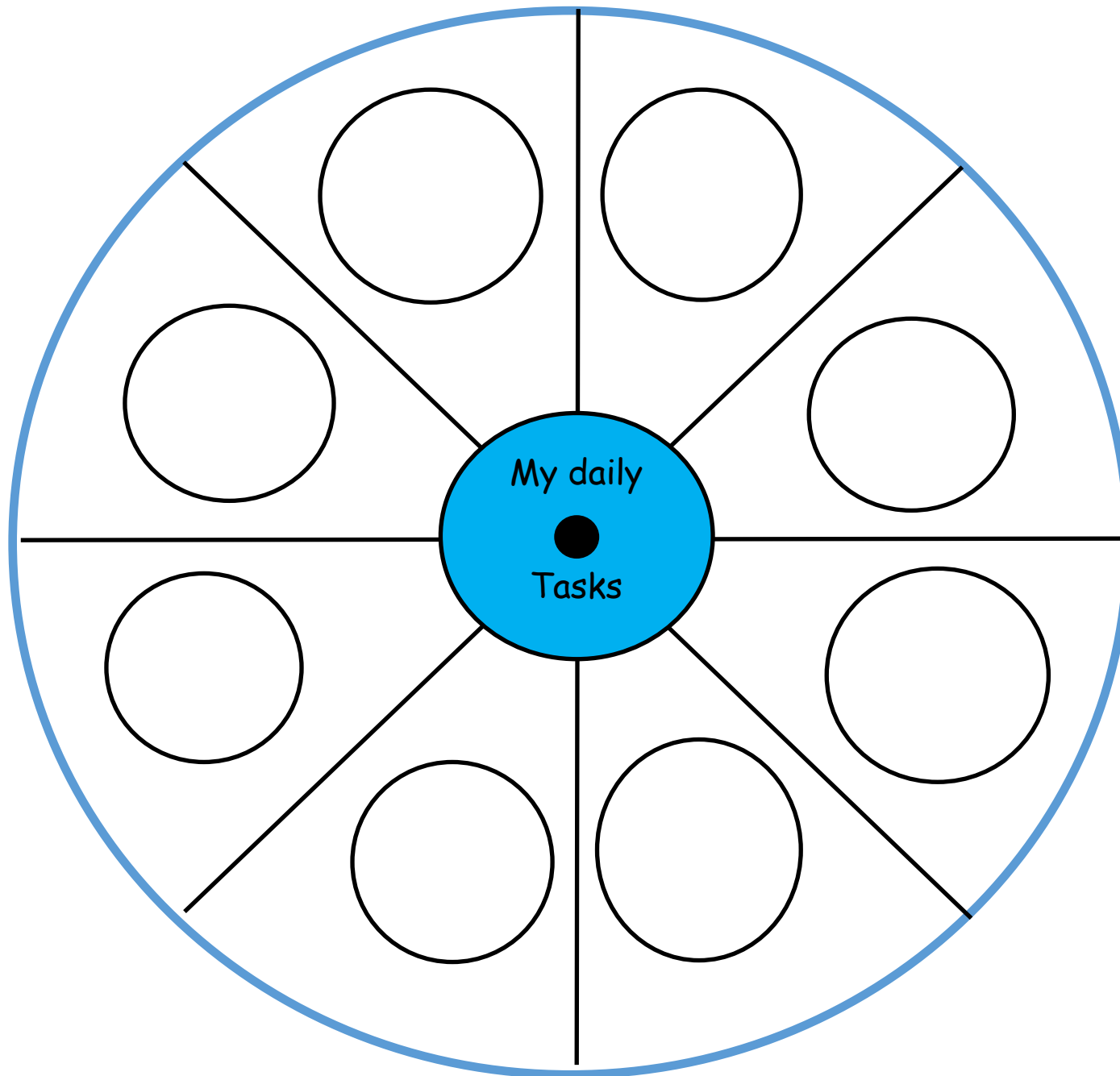
A cuddle with someone you love.

A nice relaxing bath.

Hot chocolate.

End of lockdown.

You can use words or pictures to complete your wheel.



TASK: Fill each circle with the things you achieve each day.

i.e.

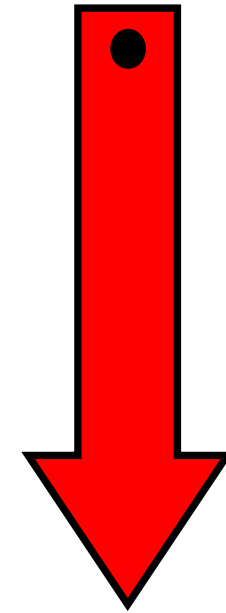
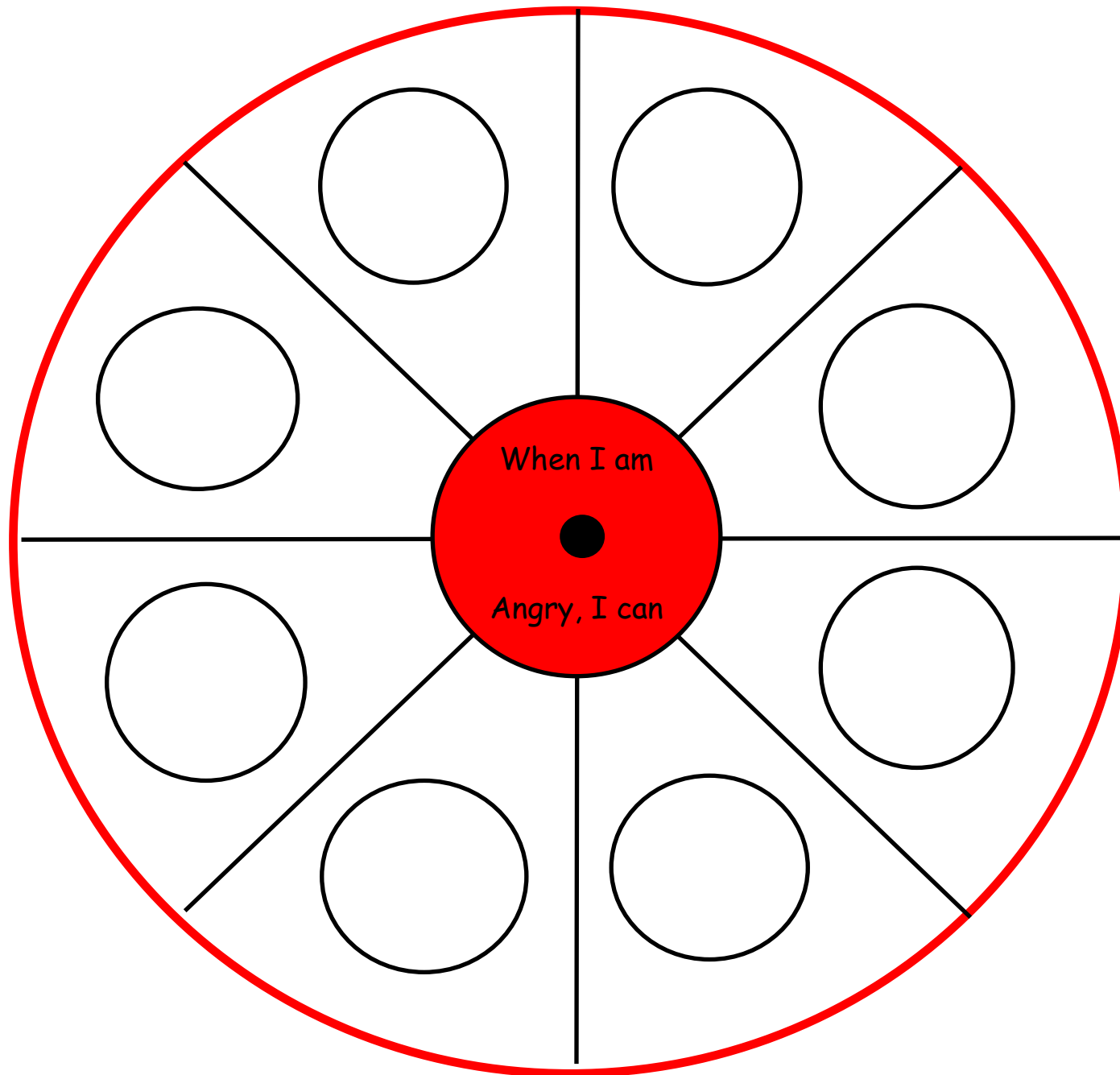
home schooling

Getting washed, dressed

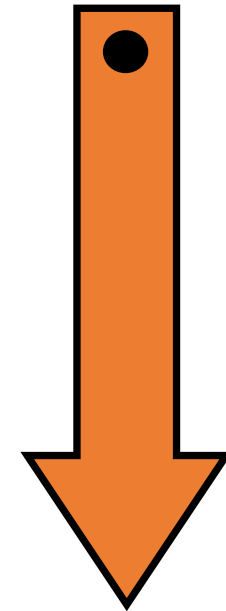
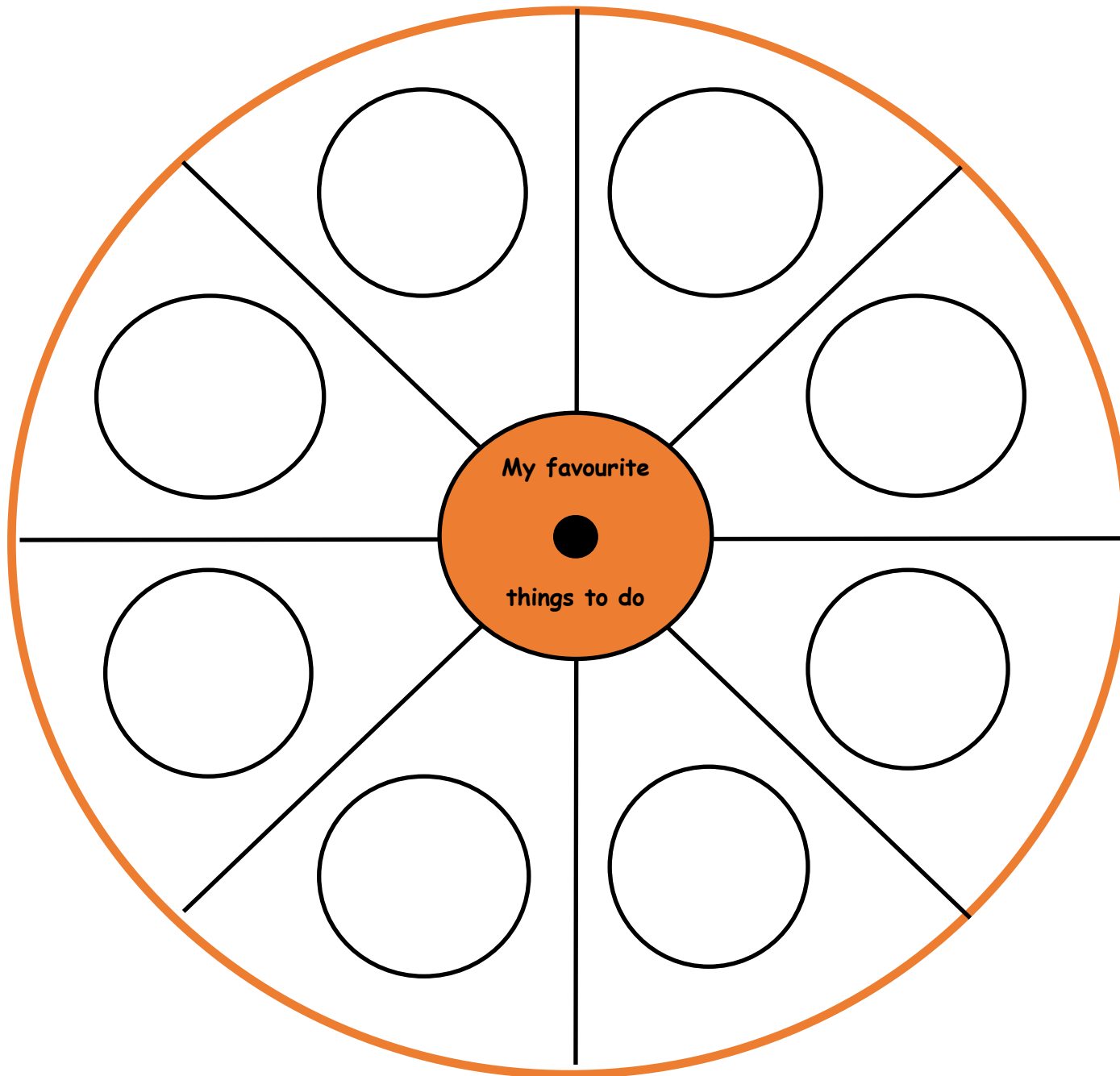
Gaming, playing

Exercise.

You can write or use pictures, cut out and attach the arrow and move it the next task you want to achieve.



TASK ;
Fill the circle with ways to help you calm down when you feel angry.
Cut out the arrow and point it to the way you feel works best for you,
i.e.
Walk away
Take a break
Count to ten
Talk about it.
You can use words or pictures to complete your wheel.



Task:

Fill the wheel with lovely things to do, what makes you happy?

i.e.

Playing online

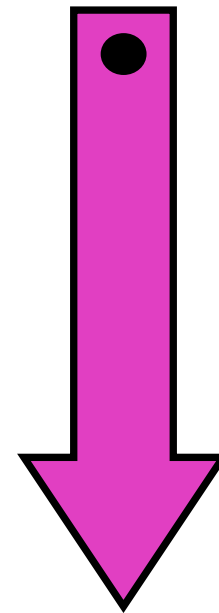
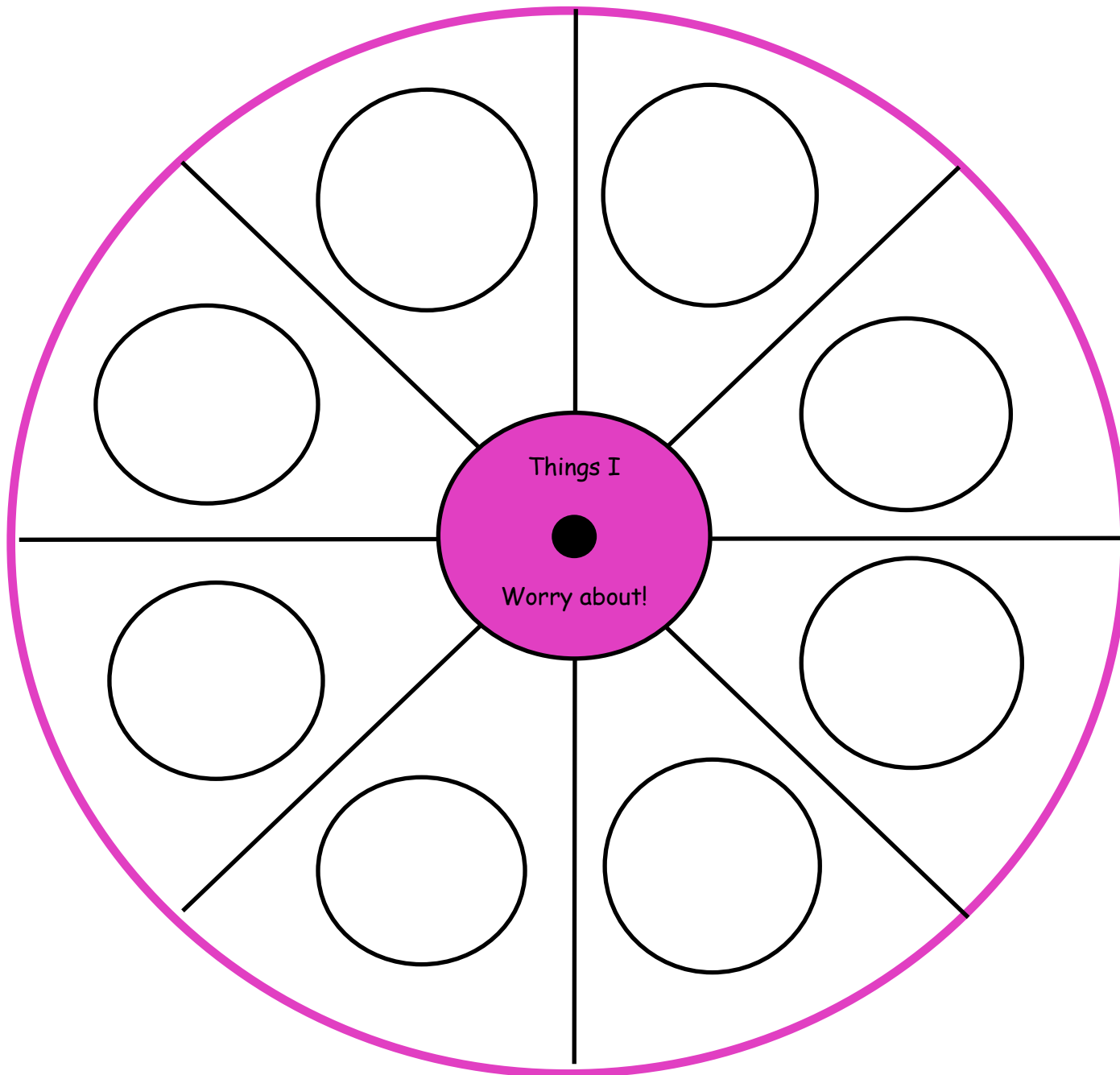
Going for a walk

Being at home

favourite dinner

We all like different things, share yours on the wheel.

You can use words or pictures.



Task:

It's ok to share the things we worry about, fill the wheel with things that worry or upset you.

i.e.

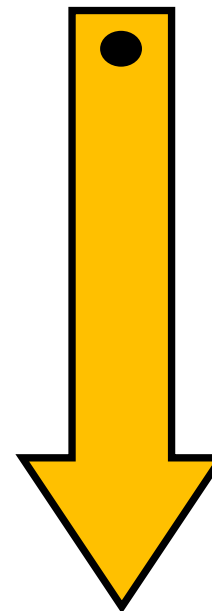
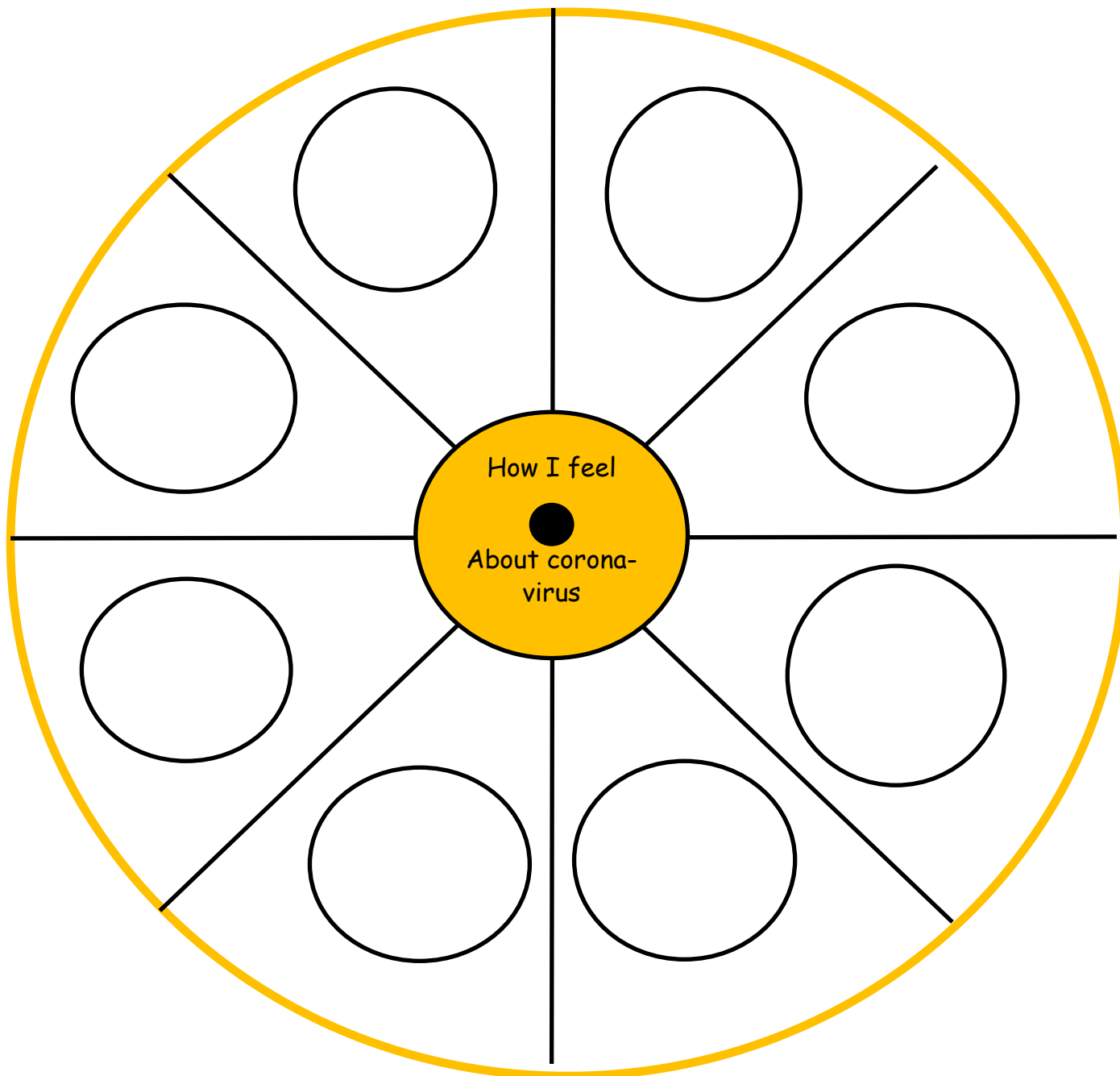
Missing school

The virus

Missing family.

Loud noises

You can use words or pictures to complete your wheel. **BE HONEST.**



Task:
Fill the wheel with what you understand about the virus or any questions you have about it.
Ways you can help to stay safe.
i.e
Handwashing
Social distance
Getting tested.
You can use words or pictures to complete the wheel.