

# This week's challenge!

Each week, your Year 4 teachers would like to set you a challenge. This may be related to your mental or physical health. The challenges could include being active, spending time with your family, learning a new skill or being creative. It is up to you to decide how you are going to complete this challenge! It would be wonderful if we could see how you have completed them. If you'd like to show us, you can email us at **ARHYear4@aldermanrichardhallam.leicester.sch.uk**.

How do you make yourself feel better when you have difficult feelings? Talk about a time when you have felt sad, happy, angry, annoyed, jealous or scared. Discuss the different things you have done to make yourself feel better. Use the prompts below to help you. Pick the top 3 strategies to use in future.

Ways to  
feel better

				
Dance to your favourite song	Have a drink of water	Do some colouring	Smell your favourite smell	Hug a toy
				
Think of a happy memory of your friends/family	Think of the three best moments of the day	Do five star jumps	Ask for help	Take some deep breaths
				
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
				
Think of three solutions for your problem	Have a nap	Say you're sorry	Make a list of things you are good at	Do a full body stretch