

Self Care Break



Chill with Chester



5-10 minutes



Instructions

This active break is designed to help pupils become more aware of their feelings and how to communicate this. On three large pieces of A3 paper in the middle draw a happy face, a sad face and a cross face. Split your class into groups and set a 2 min timer for each and let pupils rotate to the different pages. Ask them to write down things that make them happy, sad and cross on the respective pages. They can even draw pictures if they aren't sure what to write.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.



Teacher Tips

This activity is suited to all ages. See activity sheet for more information.

Foundation: this could be done as a class and pictures could be used to help the pupils

KS1 & KS2: open up discussions about dealing with each of these different feelings once the class have had the opportunity to answer all three pages.



Self Care Break

Divide your class into different groups. Create three A3 pages one with a happy face, sad face and a cross face on them. Ask your pupils to write down the things that make them feel the different emotions. Alternatively, they can also draw pictures to express themselves. This activity can be used to create a discussion around their answers and how to manage their feelings.

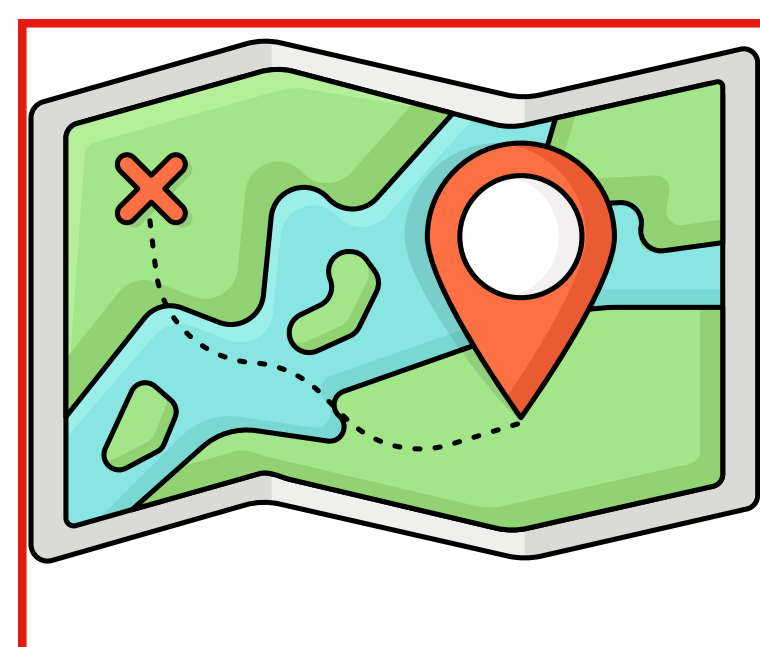
Foundation Examples: Happy



School



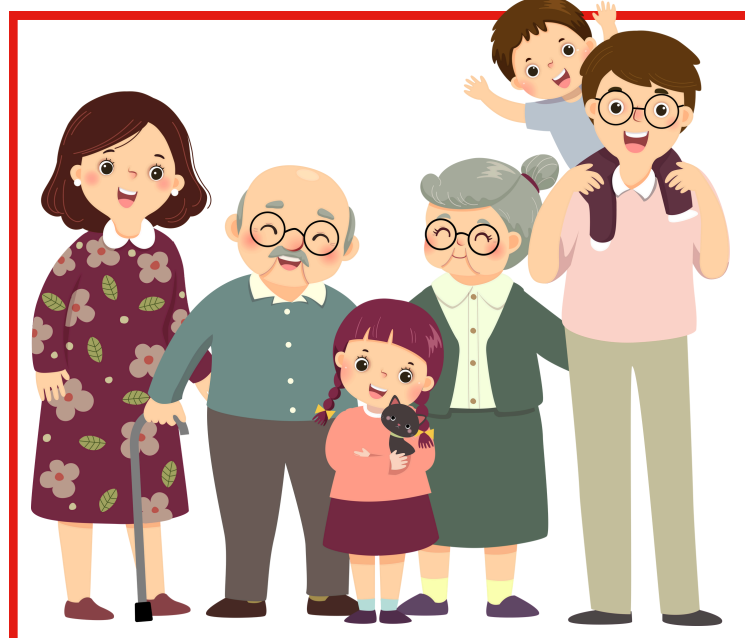
Friends



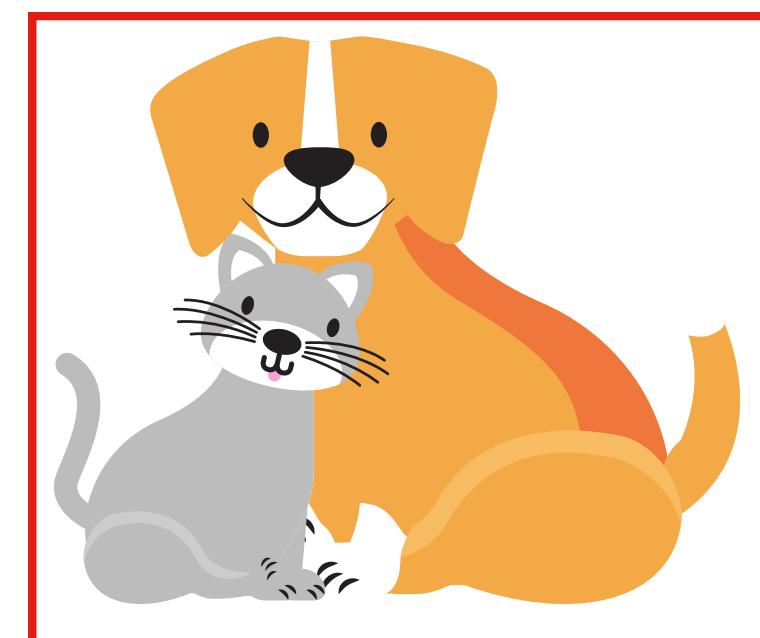
Adventure



Food



Family



Pets



KS1 & KS2 Examples: Happy

- Family holidays
- Taking the dog for a walk
- Eating your favourite food
- Shopping
- Playing sport

