

24.06.2020

Hi everyone! We really hope you're enjoying the sunshine! Hopefully you are having some quality time with your family and keeping safe and well. However, we know for some of you this can be a hard time with lots of different emotions. That's why last week we looked at managing our emotions. If you haven't had a chance to do the lesson yet you can find it using the link below:

[Managing Our Emotions Lesson](#)

Now, we will follow on from this lesson by applying our learning.

This week's lesson will help us **identify what our emotions look like & find strategies to 'reach out'**.

Some resources you will need are:

- ✓ Paper.
- ✓ 4 different coloured pens.

Click on the link below to start your independent living lesson:

[Checking In and Reaching Out](#)

It would be really helpful if you could do this lesson with an adult as there are plenty of opportunities to pause the video and talk about your emotions: what they look like, how to identify when you're feeling a certain way, how to improve them and who you can ask for help.

This week it is also Science week!! The theme is 'Carnival' and there are lots of exciting activities for you to complete on the school website. Or use this link:

[Science Week KS4](#)

Take care and stay safe!

Mrs Cranmer and Ms Langridge