Modern foreign languages

Match feelings words in a foreign language to pictures or symbols.

For example:

- ☐ happy
- ☐ angry
- ☐ sad or upset
- ☐ anxious
- ☐ calm
- ☐ other _____

Optional extension activity

Expressive arts

Take part in an arts or crafts activity to support your wellbeing.

For example:

- ☐ sewing
- ☐ photography
- ☐ printmaking
- ☐ dance
- ☐ pottery
- ☐ painting
- ☐ other _____

Optional extension activity

Beliefs and values

Experience things that help people feel peaceful and say which one works best for you.

For example:

- ☐ music
- ☐ quietness
- ☐ mindfulness
- ☐ meditation
- ☐ other _____

Optional extension activity