



Monday 18th May 2020

MPI Understanding our feelings



Think of a feeling you've had recently. What was it?

When was the last time you had that feeling?

Why did you have that feeling?

If it was a small feeling that was bothering you, what did you do to help?

What did the feeling look like? You might want to draw it here.

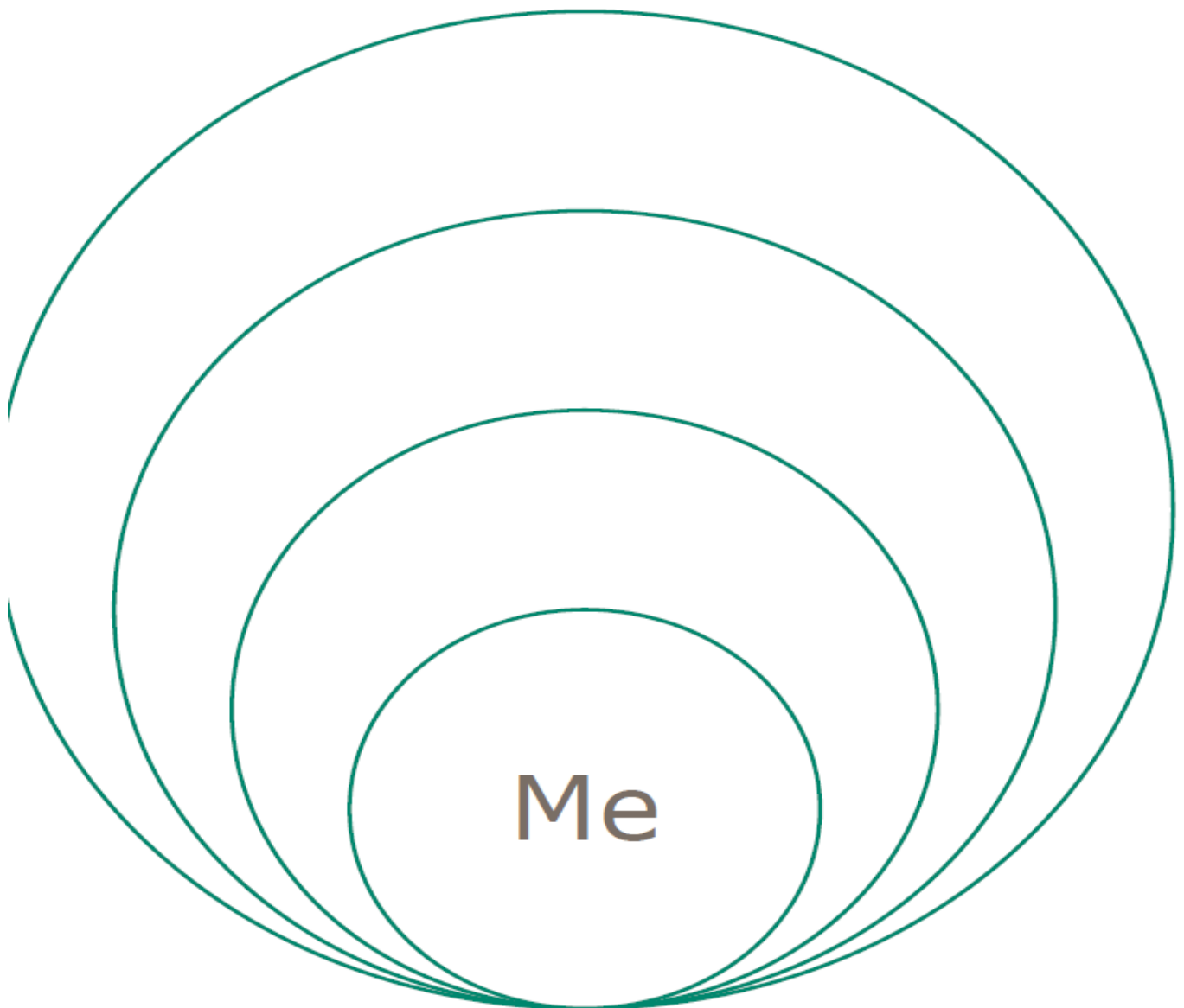


Tuesday 19th May 2020

MPI Talking about feelings

Who are the people you trust in your life that you can talk to when you are feeling worried? Write or draw them on the worksheet. On the sheet, place the people who you would speak to first, closest to you.

My Circle of Support



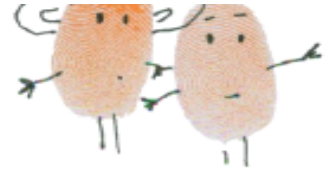


Wednesday 20th May 2020

MPI Being a compassionate listener

How can we be good listeners when people want to tell us about how they are feeling?

How to be a good listener



Write or draw your top tips for being a good listener. You may like to start your sentences with 'Do' and 'Don't'.

Example: Do give the person your full attention.



Thursday 21st May 2020

MPI Making a kindness jar

Story time- Kindness Snippet Jar:

<https://www.youtube.com/watch?v=goIozhmPL3Q>

What you will need:

- plastic or glass jar
- art supplies
- [post-it](#) notes or colourful paper

Fill the jar with kindness notes about kind acts that you notice others doing throughout the day. I wonder if anyone will write one about you?

Maybe every time you do something kind you can put something in the jar to make it beautiful and colourful (sweets, pom poms, stickers)

After a while, open the jar and share all of the kindness notes.

