

Be Positive and stay happy



Being positive and talking helps us to keep calm and be happy.

When things are different, like they are now, we all feel a bit worried. To keep us safe and happy we all need to talk to each other, think about the things that make us happy and say thank you.

For this week's communication tasks I have set two different things for you to try;

You can choose to;

Make a happiness jar

Keep a self-esteem journal

The instructions are in the resources folder.

The important thing is that we talk about things, some of you may have seen adverts on the television telling

"Britain to get Talking"



Have a go at one of them and ask an adult in your house to put a photo onto evidence for learning so I can see what you have done.

You could also send me an email if you want to talk to me, here is my address

plong@ellentinkham.devon.sch.uk.

Remember SENIORS GET TALKING

Pam

