

## PSHE S2 Week 8

### Changes-

LO: To recognise that feelings can change over time and range in intensity

### Part 3

This week we would like you to use the characters that you have created in your stories and use them to create a poster suggesting good ideas on how to relax. E.G read a book, go in the garden, dance and sing, things that work for you.

Watch it and you will see what we mean. The link is below.....

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-brain-house/zd7kd6f>

We look forward to seeing them.