Hello Children

We know that things are not easy for you all at the minute and during lockdown many of us feel worried and anxious at times. The best thing to do when you are worried is to talk to someone or record your feelings somewhere. Acknowledge your worries, take note of how you feel and let them float away. So, I have attached a lovely picture of a butterfly for you all to use if you would like to. (Year 4 have had this activity from Mrs Sinclair.)

In the wings of the butterfly, write the things that make you worry and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling. Decorate the wings of your butterfly with bright cheerful colours and patterns.

We would love you to share your butterflies with school and we thought we could put them all over our school gates – where the ribbons are from the last lockdown. When your butterfly is finished you could post it to school or get a grown-up to drop it here. We will then laminate them so that they don’t get ruined in the rain and tie them all over our school gates. They will look so lovely and bright and colourful, flapping their wings in the breeze.

Thanks for all the hard work you are doing. Look after yourself and stay safe.

Mrs Heston