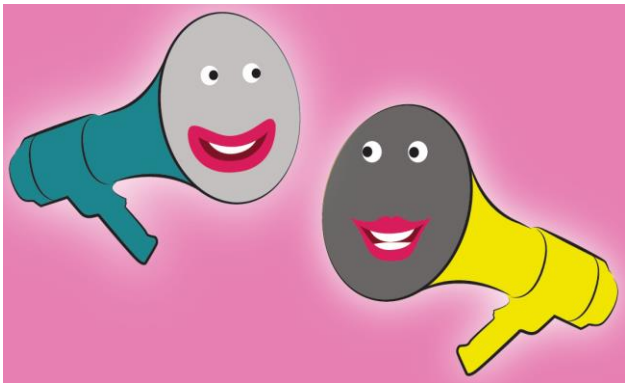


Your 5 ways to smile on your way to school!



We hope you enjoyed watching our video. Have a look at the 5 ways to happiness and write down what you do to keep yourself smiley!



S – Speak with others

When you feel a bit low or sad, just chatting with a friend can cheer you up.

On my way to school, I like to chat with my
..... about.....

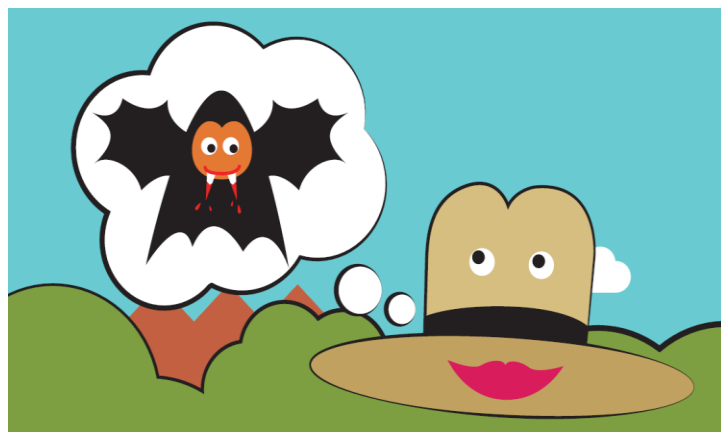
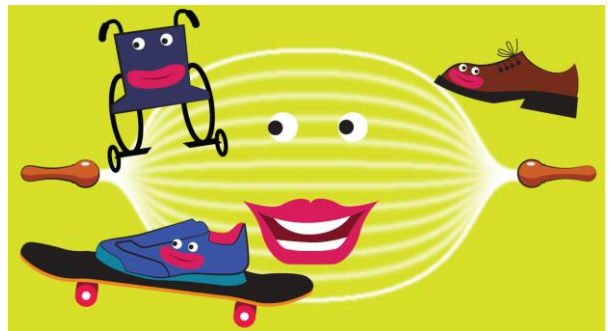
Speaking with others makes me feel happy because
.....

M – Move

Moving your body is good for your body and your brain. It can make you feel really good!

My favourite way of getting to school is
because

When I move I feel good because.....
.....

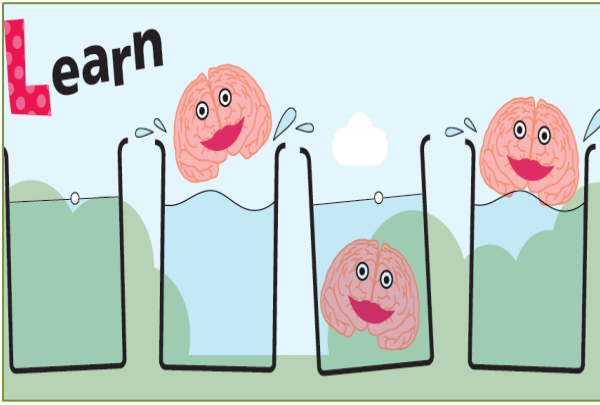


I – imagine and play

When you are out and about playing, you don't think of anything else, you just have fun! It's great, isn't it?

My favourites games are
.....

I feel happy when I imagine/play because.....
.....



L- Learn new things

If you walk, scoot or cycle on your way to school, you will learn so much about your environment! And you will also learn about keeping safe.

On my way to school today I learnt that.....

.....

Learning new things makes me feel good

because.....

E – Enjoy your environment

The environment is your planet, your country, your town, your street, everything around you! Isn't it great to know that you are also doing your bit to protect our beautiful planet?

Walking to school is good for the environment

because.....

It's important to take care of our environment

because.....

.....



Well done! And remember, keep smiling!

