Year 3 / 4: Lesson 1 **Resource 1: Ziggy's Day**

Read the day-in-a-life story below. Add possible feelings to the timeline.

7:00am	Ziggy wakes up, gets dressed and ready for the day ahead.
7:30am	Ziggy eats a healthy breakfast.
8:45am	Ziggy arrives at school and plays football in the playground.
9:00am	Lessons begin – maths is first.
11:15am	It's playtime!
11:30am	Back to lessons – PSHE.
12:30pm	Lunchtime.
1:30pm	Afternoon lessons: science and PE.
3:30pm	End of the school day.
3:45pm	Ziggy goes to after-school art-club.
5:00pm	Ziggy arrives home, has something to eat and watches TV.
7:00pm	Ziggy reads and gets ready for bed – the end of the day.

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Non-uniform day at school	Favourite song comes on the radio	It's raining
There is an argument in the group	The school bus is late	PE kit is lost
Goal scored!	New trainers are delivered	Someone says something nasty to someone else
The park is closed	No one wants to play today	Pizza for lunch
Find £5 on the pavement	Time for a bike ride	The sun comes out
There is a maths test today	Someone is not included	A hug from a friend
Best friend comes round to play		

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Get the good feels!

Feeling good every day

Different things happen every day that make us feel good and not so good. For example, I missed the bus this morning and was late, I felt worried about it so that was a not so good feeling. But then I got a star for my art-work and I felt proud, so that was a good feeling.

There are ups and downs all the time. But there are some things we can do to help us have more of the good feels - simple ideas of things you can do every day...

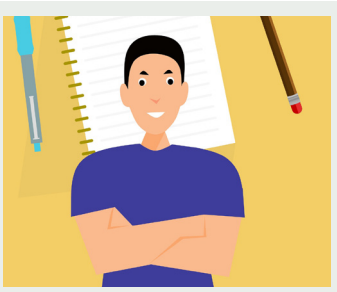
- Go outside! Get some fresh air
- Run around or play – do something active that gets your body moving
- Have you got a hobby that you enjoy? Learn something new!
- Hang out with your family or friends
- Doing something nice for someone else
- Helping others – it feels good for you too!
- Read books you like
- Listen to your favourite music – sing and dance!
- Have a good night's sleep
- Relax...

What to do if something feels not so good

If things happen that make us feel not so good... don't worry! There are things you can do to feel better. Here are some ideas...

- Talk to someone about it
- Take your mind off it – do something else
- Take some deep breaths
- Count to 10!
- Know that this moment will pass
- Choose something from the list above
- If it feels very bad or not right... tell a trusted adult – they can help you!

I hope this blog helps you to get more of the good feels!



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