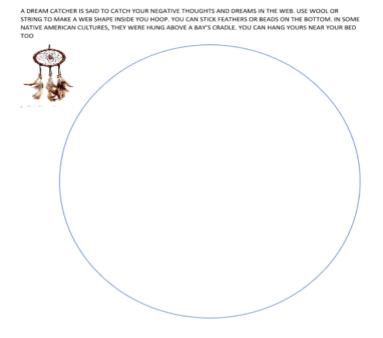
Wonderful Wednesday

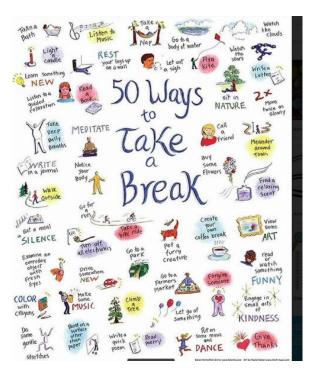
Activity 1)

Make a dream catcher. You could use an old wire coat hanger to make the hoop. You will also need wool and string. You could decorate the hoop with beads, feathers or draw pictures on cardboard and stick on.



Activity 2

Have a read of the following poster '50 Ways to take a Break'. Come up with your own list of ways that you use to 'Take a Break'. You could do a brainstorm or a mindmap!!



Activity 3) 'Calming' Cartoon Strip

Read the following cartoon strip...why not try drawing your own cartoon strip with ways that you find useful to calm yourself down.

