

Hi everybody,

I hope you are all doing well. I have missed your happy faces and all the fun we have at school.

I found something nice for you to complete as and when you have time while we are off. The work is similar to activities that we do together during social group time and for my fourth class groups, during Friends for Life. You can download it and print it out or, if you don't have access to a printer, you can get the activity idea from the screen and do it on a blank sheet of paper.

Most of the topics in the journal, such as positivity, gratitude, kindness, bravery, creativity and self-kindness. There are also activities based on dealing with worries and coping with change.

I would love to hear from you, to let me know how you are getting on. You can send me your work as you complete it. You can email me at [msmurphy@corvillens.com](mailto:msmurphy@corvillens.com)

You can open the journal by clicking on this link or opening the attachment.

<https://www.otb.ie/wp-content/uploads/2020/04/At-Home-with-Weaving-Well-being-A-Mental-Health-Journal-for-Kids.pdf>

I hope to see you all soon.

I am off to do some work in the garden.

Ms Murphy