## Year 4 PSHE week





How Can You Be Kind to Yourself? We often think about how we can be kind to others and what effect our behaviour has an other people. Have gou ever thought about how you can be kind to yourself? Using the hearts below, with your own lakes about how you can be kind to yourself? Some dies have been given to start you off. Once you have reordert these lakes, start to think about how you can can carry out these lakes to be kind to warding.





Looking after ourselves! This week we did some yoga, mindful colouring and thought about what we are looking forward to!

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