

Watch the story of Conker the Chameleon and then complete the activities below.

<https://www.youtube.com/watch?v=mY1qhEikF3Q&t=1s>

Note for parents: I hope your child is feeling excited and happy about coming back to school, but I thought this story (and the activities) would be a good opportunity to open up a conversation about any concerns or worries they may have about school or anything else.

Self-care scavenger hunt

Find your favourite toy.

Hug someone you love.

Find something that is your favourite colour.

Write down something nice someone has said about you (or just remember what they said).

Find something soft that's nice to touch.

Play/sing a song that you like to sing/dance to.

Tell someone something good about themselves.

Find something that comes from nature.

Find something that makes you smile.

Draw a picture of your favourite memory and remember what made it special and how you felt.



My ChaMEleon tree

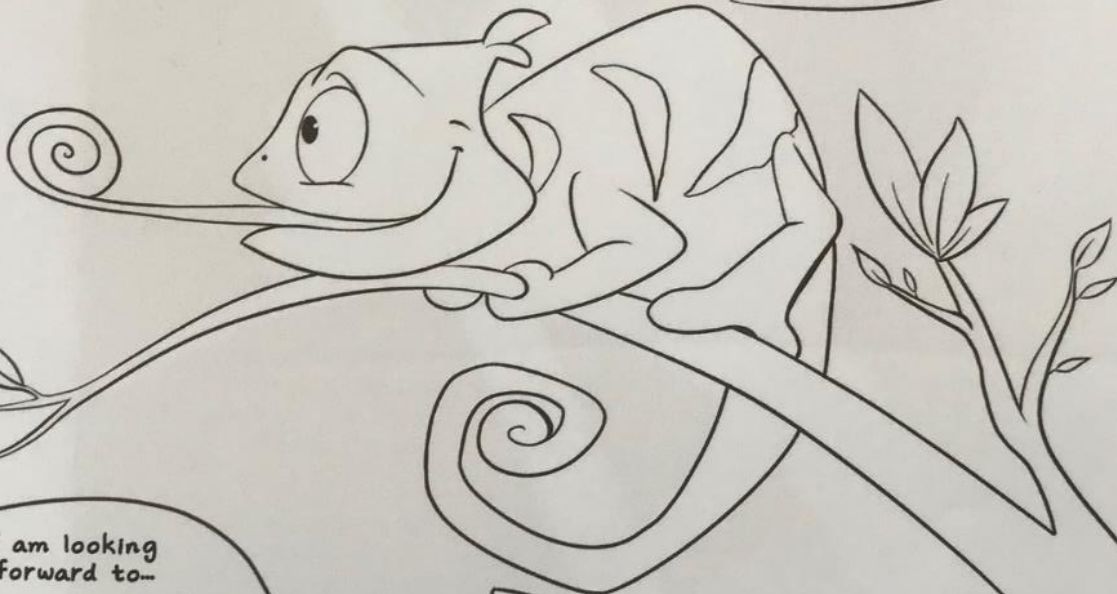


Draw a face in the sun of how you feel today

My friends are--

What helps when I am sad--

What helps when I'm cross--



I am looking forward to--

What helps me to relax--

When I am sad I can tell--

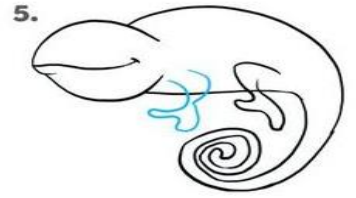
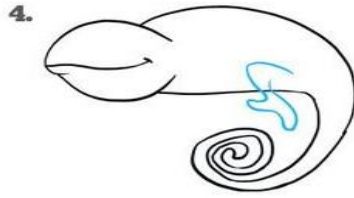
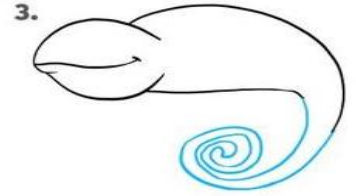
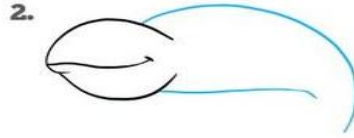
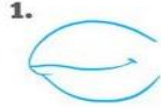
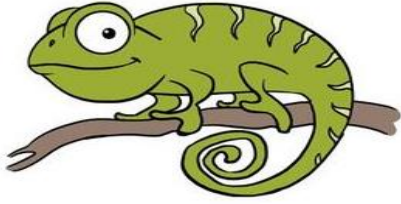
My trusted adults are...

I am proud of myself because--

I am good at--

Name _____

1st March 2021



How to Draw a Chameleon

EasyDrawingGuides.com

