**PSHE Instructions 11th May 2021**

This week we are continuing our work on the ‘It’s my body’ topic and over the past few weeks, we have reflected on the importance of good diet, physical exercise and enough sleep to lead a healthy life. This week (10th – 16th May) is national **Mental Health Awareness Week** so we are going to think about how to remain positive and strong mentally. It’s been a tough week for us all having to self-isolate so we are going to reflect on staying happy and positive and how we could change our thoughts in order to achieve this.

Please listen to this video clip of the story **‘When I coloured in the world’** by Ahmadreza Ahmadi. You can replay and listen to the story as many times as you would like to.

[Read along: When I Coloured in the World - YouTube](https://www.youtube.com/watch?v=meGah-0IMbQ&t=192s)

You are going to create your own story now using ‘When I coloured in the world’ for your inspiration. Use the PowerPoint to see how to modal your story. Any wording that is written in blue, you need to change and think of your own ideas. You are going to think about words that you would like to get rid of e.g. war / COVID / poverty and then what you might replace them with e.g. peace / hugs / security. You also need to think about which colours you associate with these words. You can be as creative as you want to be.

Try and write your own story now thinking of at least 8 – 10 words you want to change and what colours you link them too. Write out your story in full sentences as you can see on the PowerPoint.

Think about how you want to make the world a better place so that everyone can be positive and happy.