

# THE HELPING HAND SCHOLAR GREEN NEWSLETTER

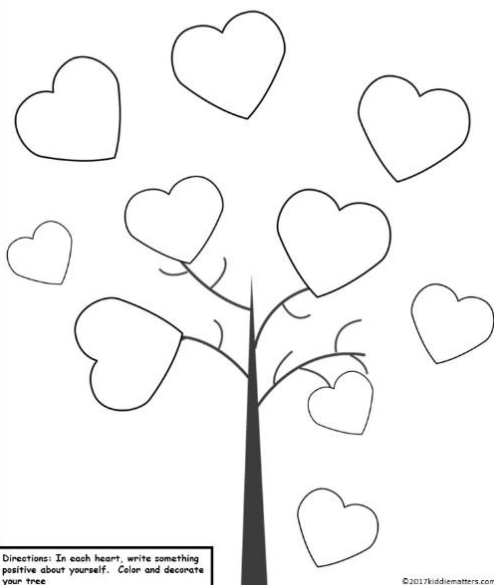


Welcome to the weekly well-being Newsletter!

What a beautiful week it has been, I do hope everyone has managed to enjoy the beautiful sunshine. This week I would like everyone to think positive and look to the future.



I Love ME Because...

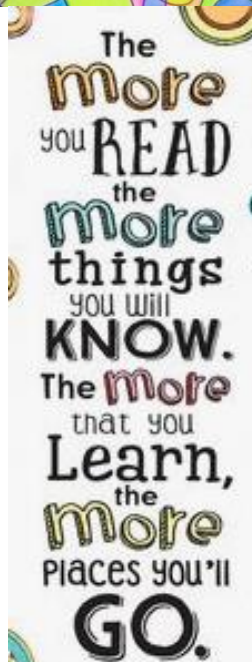


Directions: In each heart, write something positive about yourself. Color and decorate your tree.

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watercolour art  
Calming for kids



## What Makes Me Happy?

Can you think of all the **things** that make you happy?

Can you think of all the **people** who make you happy?

Draw pictures around the sunshine to show your answers to these questions.



You are doing AMAZING!

Please take care of each other.  
Try to think of 1 thing every day that you are thankful for. Today I am thankful that I know each and every one of you.

See you soon! Mrs Ashworth xx