

# Hello from my House!

Five things I love about my home and family:

1.

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2.

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3.

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4.

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5.

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# All About Me at Home

My name is...

I'm really good  
at...

Three words to  
describe  
me are..

This is my  
family...

My favourite  
thing to do at  
home is:

My worst  
thing to do  
at home is:

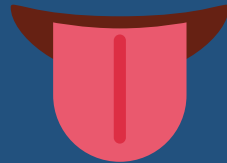
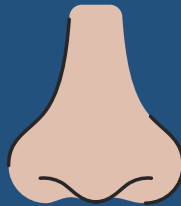


These are my favourite memories  
from being at home...

# Meditation at Home

Sometimes we need to have a moment to help ourselves feel calm.

We can do this by using the Five Senses Technique. Why don't you give it a go, and let us know how it made you feel?



Identify and name - 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste

# These are a few of my favourite things...

Can you draw some of your favourite things?  
Here are some questions you may wish to think about:

- Perhaps you have a favourite animal?
- Do you have a favourite book or film?
- Do you have a favourite fruit or vegetable?
- What is your favourite subject at school?



# How many times...

In 30 seconds:

- How many times can you do a starjump?
- How many times can you throw and catch a ball (or small teddy!)
- How far can you count up to in 30 seconds?
- Can you say the alphabet twice?



# I'm an Inventor!



If you could invent anything, what would it be?  
Why don't you draw it or maybe even build a  
prototype with household materials?