09.02.21

PSHE- Who I can talk to

Knowing who you can talk to is very important. When you feel sad, stressed, angry or upset, it is nice to know that you have someone you can talk to. There are many different people who can fall under this category. Can you list some below?

Now that you have an amazing list of fantastic people who you can speak to. I want you to pick one or two and turn them into superheroes.

Sometimes when you feel sad and upset, these people can feel like superheroes because they make you feel calm and happy. Use the next page to turn your favourite people into SUPERHEROES!!!