

My feelings chart

I feel:

I choose:

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worried



happy



sad



angry



stressed



scared



Breathe deeply



Listen to music



Go to the sensory room



Lie on a bean bag



Go for a walk



Talk to the teacher



Talk to a friend



Draw a picture

Wednesday

Thursday

I feel bad-tempered when....



Friday

How to make a paper plate ladybird

You will need:

- 3 paper plates
- Black and red poster paint
- Paintbrushes
- Scissors
- Glue
- Hole punch
- Split pin
- Black marker/felt pen
- Pair of googly eyes
- 1 black pipe cleaner



1. First paint the paper plates. One of the plates should be painted red on the back, one should be painted black on the back, and lastly the 3rd plate should be painted black just in the middle.
2. Leave the plates to dry completely, then cut out the middle painted part of the third paper plate. It might be best if an adult does this part.
3. Next cut the red plate in half down the middle to form the wings.
4. Stick the ladybird's 'head' on by sticking the smaller painted black circle to the underneath side of the black painted plate.
5. Draw circles on your wings with a black marker pen and colour them in. I drew around a 2p coin for my child to then colour in, which made it easier for him.
6. Using a hole punch, punch a hole at the top of both wings and in the black paper plate in the middle of the neck. If you do not have a single hole punch to do this, then you will need to punch your holes before sticking the head to the body.
7. Use a split pin to attach the wings to the ladybird's body, and glue on a pair of googly eyes. to the head.
8. Lastly, cut a black pipe cleaner in half and twist each half around a pencil or pen to make two antennae. Attach to the head with glue, and leave to dry.

Challenge:



All about Ladybirds!
