

# Wellbeing Wednesday



with Mrs Clifford

## Week 4 - EXPRESS YOURSELF

This week we are all being encouraged to find creative ways to share our thoughts and feelings. You can do this through art, photography, drama, music, writing (stories or poems) or anything that makes you feel good about yourself!



**Snowball**

I made myself a snowball,  
As perfect as could be,  
I thought I'd keep it as a pet,  
And let it sleep with me.

I made it some pajamas,  
And a pillow for its head,  
Then last night it ran away,  
But first--it wet the bed.

Shel Silverstein

Use your imagination to write about something that makes you smile or what you are looking forward to with hope in your heart

Good-Bye

Good bye, snow.  
Good bye, sled  
Good bye, winter.  
Spring's ahead!

Hello, sun

Hello, swing

Good-bye, winter

Hello, spring!



You can then keep your collection of thoughts and feelings in a JAR OF HOPE.

Use any container you like and decorate it with pens, pencils or even coloured paper.