

## Nurture Check In

Hi everyone! How are we all today? I hope you're all feeling okay, and just a reminder.. you're doing a **great** job 😊

Boys & Girls, our Emotion of the Day today is **SADNESS** 😞



It's **OKAY** to feel **SAD** sometimes.

- What do you think it feels like to feel **sad**?
- Can you draw a **sad** picture to show this?
- Can you think of something that makes **you** feel **sad**?
- Now think back to our **happy** activities... When you are feeling **sad**, what things can you do to help you feel better again?

I cant wait to hear all of your answers! Take care everyone, Sarah xxx