

# Facts4Life Activity Mat

## Check In Activity



### Express your mood!

Our primary emotions are: Joy, Sadness, Anger, Fear, Disgust. Choose one of these emotions.

Fold a page in half and write the emotion in the middle.

On the left side of the fold, draw or write about the sorts of things that might make you feel like this. On the right side of the page, write or draw about the things that can change this emotion to something else.

Our emotions change all of the time, we all have ups and downs and its healthy for us to think about and express what can affect our mood.

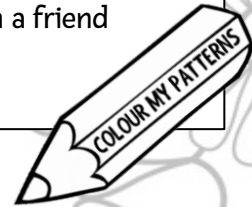
## Puzzle Time!

Find the missing letters to work out the word

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

1. \_lue
2. \_ed
3. bilir\_bin
4. cap\_llary
5. ves\_els
6. sk\_n
7. gree\_
8. oxy\_en

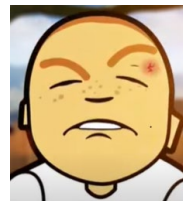
Use this idea to design your own word puzzle to test out on a friend or family member.



## Why do bruises change colour?

Watch this short video and answer the questions below:

<https://www.youtube.com/watch?v=WOS-ND-Uewk>



### Key Facts for Life

What causes a bruise?

Draw a series of pictures showing how a bruise changes colour from red to blue to greeny-yellow as it heals – underneath each picture explain what is causing this change of colour.

What other things can you think of which heal naturally in the body?

What can we do to help the body when it is ill?

### An important fact for life:

Most of the time most people recover from most illnesses on their own.

Think of illnesses you have had. Which illnesses needed a visit to your GP or hospital? Did you need treatment or did the doctor say your body would heal by itself? Which got better on their own just with time and rest?

## Give



Being kind to others helps to boost our own mental wellbeing and gives us a 'warm glow'. It obviously also makes others feel good too. How many of these acts of kindness can you do in the next week? Tick them off as you do them. Notice how they make you/other people feel.

Smile at someone	Offer to help out with a chore	Put water or food out for the birds
Pay someone a compliment	Do a bit of cleaning without being asked	Tidy your room
Send a positive message to someone	Leave a thank you note for someone	Put a cheerful picture in the window

For more give/be kind ideas, see <https://facts4life.org/for-parents-carers/>