

# Activities and games

What are we  
going to do?

in this club, we will be doing positive self affirmations we will be colouring in and brain breaks, presentations and team bonding activities there will be a teacher to supervise just in case something goes wrong and you're get to hang out with some new people

self  
affirmations

Colouring in

Drawing

Brain  
breaks

Getting to  
know each  
other

Team bonding  
activities

1

The reason you should come here is if you're feeling overwhelmed with stuff going on at home or class

2

another reason you should come here is because you just wanna chill and colour or draw or just do activities

3

Another reason is if you just wanna make new friends and get to know about the year sixes

WHERE TO MEET US FOR INFO

6F — GRADE 5-6

4M — GRADE 3-4

## Importance of self love and care

For the development of children

To face new situations

Understand how important self love is

our club is all about helping you love yourself and to calm your brain down from a stressful day I understand people can't handle something so it's great to come to this club. People might come to this club just to chill to hang out or make new friends what will be doing? It's just doing some team bonding activities will also be Colouring and doing other things to calm your brain down and to have some fun while doing it.

For a more creative  
**world**

if you would like to come to this club please go to the 6F for year five and six and 4J for four and three

Love yourself  
as much as u  
would any  
other

our  
project to  
self-care

made by Rosha  
Ebrahimi and willow  
jays

