



Physical Task

- With two people at home, two of you work together to keep a ball held at full arms stretch up in the air. Both of you should be touching the ball at the same time. The third person acts as monitor and times how long it is before they either let the ball drop or their arms bend.
- How did it help working with someone else on this physical task?

Emotional Task

- Discuss how different emotions affect the body and strategies you can use to control strong emotions.
- Focus specifically on anger, surprise, fear and disappointment.
- With someone at home, create two freeze frames to show contrasts in emotions e.g. sadness / joy.

Mental Task

- Ask someone at home to create you a bag of random items. You need to examine each item and then develop a character study. Who might the bag belong to? What can we work out about the person by looking at the items? Can you draw picture of your person?

Final Thoughts

Which of the areas do you take care of the most - physical, emotional and mental? Could you take more time each day to just think? Is this wasted time? Is it important?

In the physical activity, you were supporting each other. How can you support others with their emotional health? For example, if someone is lonely what can you do to help?