

# Growing happy feelings

20 mins

KS 2

As activity which explores resilience.

## What you will need

Flower worksheet

## Method

- Ask children to imagine that they can grow happy feelings just like we can grow plants and flowers.
- Explain that flowers need looking after to help them to be at their best. E.g. Different flowers need different sorts of soil, some like shade and others like lots of sun.
- Suggest that in the same way, different people like different things to help them grow happy feelings.
- Next give each child a flower sheet and ask them to write or draw the things that they need for their happy feelings to grow.



