

# Positives!

How have you felt during lockdown? Lot's of people have had mixed feelings- sometimes happy, sometimes frustrated and sometimes sad as they miss all the people they haven't seen and places they haven't been able to go.


You might find that your feelings change over the next few weeks too as things start to change- maybe you have friends or family who have gone back to school while you are still staying at home.

This week though, let's focus on the positives! Maybe you have discovered new talents or skills during lockdown- so let's celebrate them!

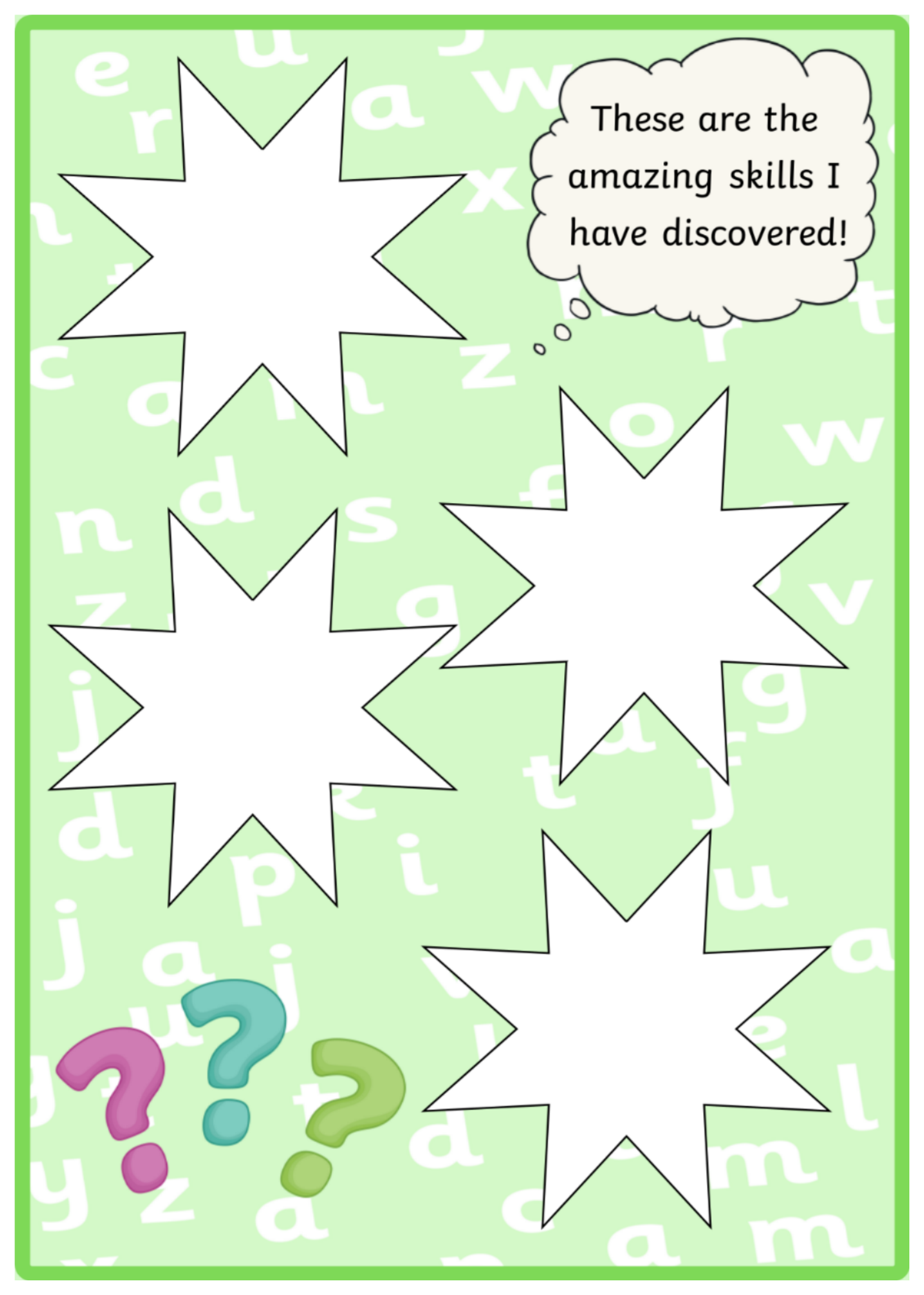
Fill in the sheets and display them somewhere and feel proud. If you are having difficult day take a look at all the things you can be proud of.

You might even want to get your grown ups at home thinking about all the things they are proud of too!





These are the  
amazing talents I  
have!

The image is a worksheet with a light green background and a darker green border. It features four large, white, eight-pointed stars with black outlines, arranged in a staggered pattern. A thought bubble with a black outline and a small tail is located in the top right corner. Inside the bubble, the text "These are the amazing skills I have discovered!" is written in a black, sans-serif font. In the bottom left corner, there are three question marks of different colors: a purple one, a teal one, and a green one, all with a 3D effect. The background is filled with various lowercase letters in white, scattered across the entire area.

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amazing skills I  
have discovered!