

POWER OF WE

YEAR 2

Our Sustainable Development Goal this year is **Good health and wellbeing.** This term, as part of the Power of We, it is over to you to make a positive difference linked to our sustainable development goal!

Here are some ideas of things that you can do to get involved:

- Create a mindfulness diary everyday before bed to reflect on the day you have had.
- Have a phone, video or in-person conversation with a person you haven't spoken to in a while. Ask them how they are. What have they been doing recently?
- Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
- Make a friendship bracelet using some string, wool, beads and other small items.
- Make a certificate for a friend to celebrate one of their special qualities or an achievement.
- Complete a 'random act of kindness' by doing something nice for a friend
- Make a 'Fab File' to collect work and pictures that you are proud of.

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& WELL-BEING



THE
POWER OF ME
WE

Ask your parent or carer to email a photo of you completing the task to year2@barnehurstfederation.co.uk and be ready to talk to your teacher and/or class about what you did.