

In our story from this week, the Big bad pig obviously feels very angry towards the Little Wolves – so angry in fact that he feels the need to destroy their creations and property!

At the end of the story, the pig has a change of heart and feelings as he smells the flowers which make him feel happier.

With this in mind, I would like you to reflect upon ways in which you can feel better when you get upset. Personally, and as an example to you, I listen to music if I feel upset or even when I am really happy. Music is a big part of how I manage my emotions.

Reflect upon yourself. What do you like to do to calm down when you feel upset? What strategies could you use yourself following on the work from last week?

You don't have to share this work with me, as often Friday lessons are a conversation of how to better ourselves. I would just like you to spend time thinking about it.

This could really help you, especially if you are feeling anxious about working from home, frustrated at not being able to see your family and friends and confused about what the future may hold for us all.

The key to this however is making sure that you use your strategies to help manage your emotions.

Have a lovely weekend.

