Dear all.

I thought I would let you see my feelings heart that I made today. As you can see, I only chose four feelings: happy, sad, angry and hopeful.

I started off thinking about what was making me feel **sad** at this time, and as I started to colour in my heart I thought about everything that has been going on. I'm sad because I can't see my family and friends. We're not at school at the moment and I really miss you all-I even miss noisy dinner times! Lots of people are very poorly and many are dying too. This made me feel **angry** so I chose my next colour. Not being allowed to see our family and friends is so annoying isn't it? I am angry at this cruel disease!

But then I started to think about the people who are helping the poorly people in hospitals, all of the doctors and nurses, who are doing the best they can. That made me think about the scientists who are working so hard to try to find a cure. That gave me **hope**. We all hope this time in our lives will soon be over, and that made me think about everything I've been doing that has made me **happy**. What I am grateful for.

When I wake up each morning, I say 'Thank you' to God for the fact my friends and family are all still well. My daughter and I go for a walk most days, sometimes along the canal to feed the ducks, other days just to the shop to buy fresh fruit and milk, (and baking ingredients). As we walk, we talk and giggle. This makes me happy. We play board games together and watch tv too. Most days you can find me in my garden, this is my happy place. I can listen to the birds and watch them in the trees.

I see all the teachers on the computer when we have our staff meetings. We cheer each other up. It is so lovely to talk to them. Even from a distance.

So even though I started feeling quite negative, when my heart was finished, I realised there were more positive emotions in my heart. It's not even full, which made me realise that there are lots more feelings that I haven't even thought about.

What is in your feelings heart?

I hope you are all well. Please stay safe.

Mrs Vann

TA with Pastoral Duties.