

Katie Morag - Activity 3

Be a 'Healthy Hero' - spread kindness

In the story Katie Morag and the Tiresome Ted, Katie Morag was in a bad mood!

How do we know that Katie Morag was in a bad mood? Can you remember any clues from the story?

Think about when you are in a bad mood. What kind of faces might you pull? How do you think it makes other people feel when you are in a bad mood?

How do you feel when you see friends in a bad mood, or feeling a bit sad?

Your job is to spread happiness. Take away sadness and bad moods by doing an act of kindness.

You might want to;

- Write a letter to a friend
- Draw a picture for someone
- Write a list of reasons to be happy
- Write a thank you letter to someone - dinner lady/teacher/Doctor/neighbour/childminder.

You could ask the recipient to pass on their own letter or drawing to someone else to spread happiness even further.



Challenge

Perhaps you could use Morse Code! Could you write a letter or send a message of positivity in Morse Code?

... .-.-. .-. . .- -.. /- .-.-. .-.-. .. -.

Can you decipher my Morse Code message above?