

# What to do today

*IMPORTANT Parent or Carer – Read this page with your child and check that you are happy with what they have to do and any weblinks or use of internet.*

## 1. Watch the video-message again

- Watch Laura Smyth's message again. What do you notice new when you watch it this time?

<https://www.youtube.com/watch?v=B4lraxptJjs>

*This video opens with the line, 'Pity about the weight gain...' so if you want to avoid this, start at 13 seconds in or use the written transcript instead which omits this line.*

- Look at the *Film-Stills*. Where in the message do you think these come? What emotions do you think that Laura is showing in each of these stills?

## 2. Investigate emotions

- Read *Emotion Words*. Circle and then find out about five words that you don't know. You could use a book dictionary or this online dictionary:

<https://kids.wordsmyth.net/we/>

- Write definitions in your own words.
- Choose and write 3-5 *Emotion Words* for each of the pictures on *Film-Stills*.

## 2. Write and perform your own message

- Choose three of your ideas from Day 1.
- Try speaking about them out loud. Then write a *Script* to use.
- Perform your script. Make a recording if you can and plan to watch it again in six months' time.

## Try this Fun-Time Extra

Share your message with others. Ask them what they would include in their own messages. Maybe they can record one too?

## Laura Smyth Transcript

Hello me in six months' time.

.....

How are you? I mean that. Because we actually mean it at the minute. When we're asking. I don't know if you remember. When we're checking in with each other we really actually care about the answer.

How are you? How's your health? How's your kids? How's your family? How's your head? Are you keeping it together? Keep looking out for each other, OK. Don't take each other for granted.

How's Mum? Listen, we are really missing her. Don't take her for granted, OK? We are really missing her. And not just the childcare, OK?

## Film Stills

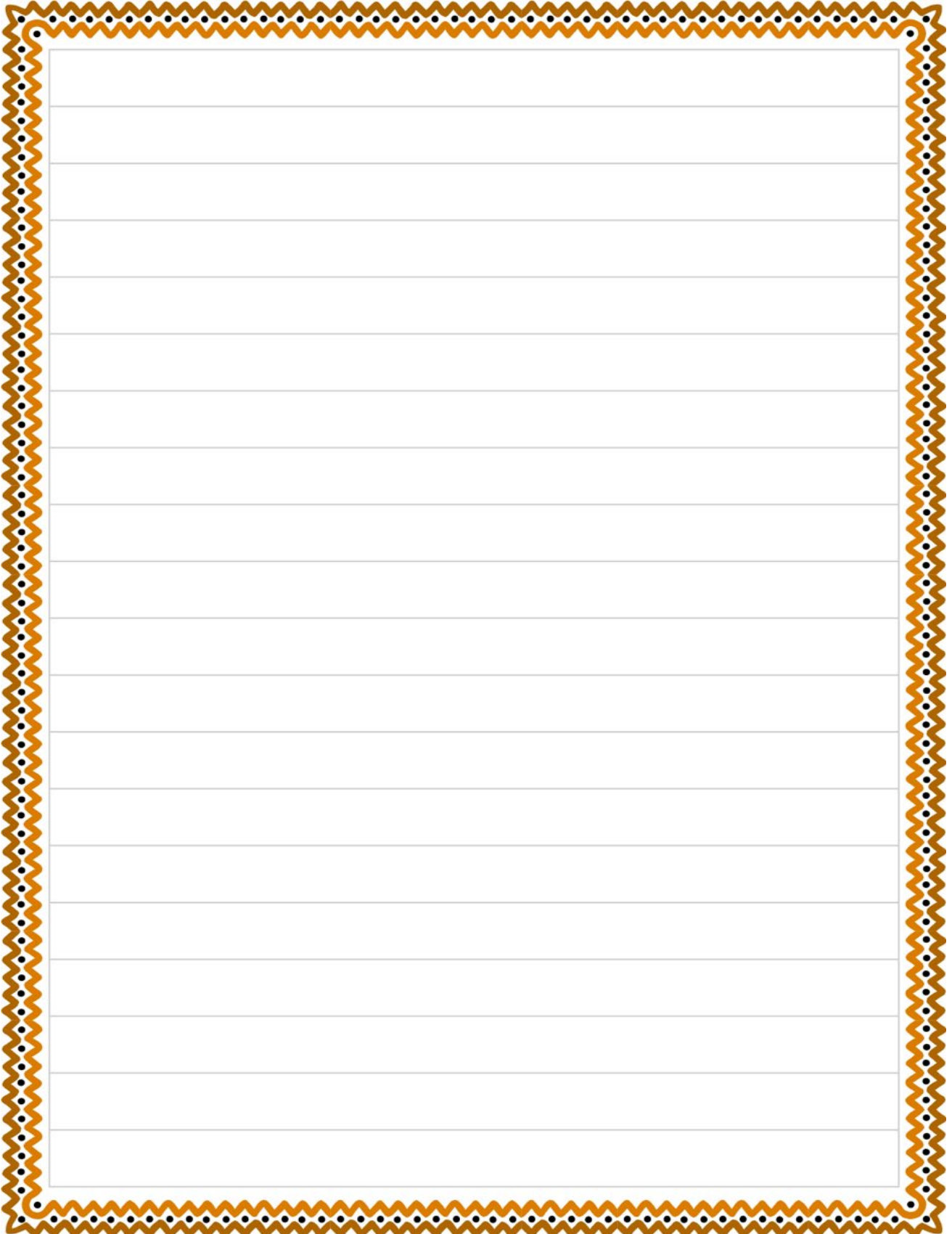


## Emotion Words

abashed, admiring, adoring, anxious, apologetic, appalled, appreciative, apprehensive, ardent, ashamed, attached, attentive, awful, awkward, baffled, bashful, befuddled, belittled, buoyant, careful, cautious, chagrined, chaotic, chastened, cheerful, cheerless, defeated, defensive, dejected, delighted, demoralized, depreciated, distressed, disturbed, dizzy, doting, down, downcast, downhearted, dry, ebullient, ecstatic, elated, elevated, embarrassed, fearful, fed-up, feeble, fervent, fidgety, fine, finished, flawed, flustered, foggy, gratified, grim, grouchy, guilty, horrified, hostile, huggy, humble, humiliated, ill-tempered, impatient, imperfect, incapable, incensed, insignificant, insulated, jovial, judged, jumpy, keen, kind, kind-hearted, lacking, left-out, leftover, let-down, light-hearted, marooned, meek, melancholy, merry, miffed, minimized, miserable, moody, morose, mortified, neglected, nervous, offended, outcast, outraged, overjoyed, overwhelmed, panicky, partial, passionate, rattled, ratty, reeling, regretful, rejected, remorseful, rueful, ruined, satisfied, scared, scorned, seething, serene, shaky, shamed, shamefaced, sheepish, shocked, shy, sympathetic, taken-aback, taut, tearful, tender, tense, terrified, terror-stricken, trusting, uncertain, uncherished, uncomfortable, unconvincing, vengeful, vibrant, vindictive, warm-hearted, watchful, weak, weepy, wired, wishful, withdrawn, woeful, worried, worshipful, worthless, wounded, wrecked, yielding, zealous.

# Script

*Write your script here.*

A large rectangular writing area with a decorative orange and black border. The border consists of a repeating zigzag pattern of orange lines with small black dots at the peaks and valleys. Inside the border, there are 20 horizontal lines for writing, creating 19 rows of space.

