


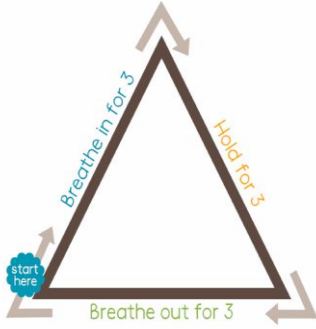
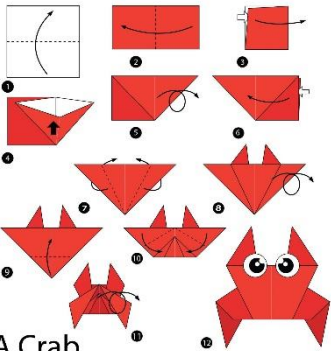
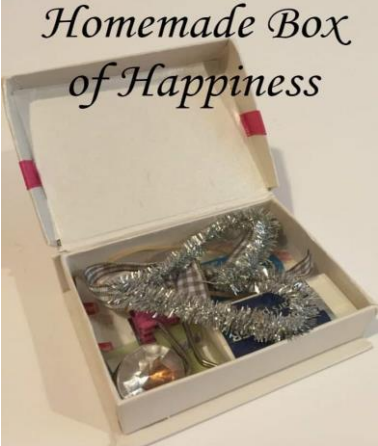


DATE: Week Beginning 22nd June

YEAR GROUP: 5

THEME/FOCUS: Mental Health and well-being

If at any time you feel you would like more support, Place2Be for children have a free 24/7 text service. Text CONNECT to 85258.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Make a Lockdown jar/box</u></p> <p>It's been a long time since we have all been free to do our usual activities. As we are starting to have a little more freedom each week think about all the activities you want to do after lockdown. This could be something simple such as going to your friend's house to play for the day.</p>  <ul style="list-style-type: none"> • Write all the things you want to do onto separate pieces of paper. 	<p><u>Make a Musical Instrument</u></p> <p>During lockdown it's been easy to fall out of our usual routines e.g the time we go to bed, waking up later in the morning. Today we are going to be thinking of sounds that can help us to relax. Relaxation through sound can help us to unwind and make us ready for sleep, especially during these light nights!</p> <p>Can you think of 5 different sounds that may help you to relax? Have a listen to the sounds you can hear in this piece of music. https://www.youtube.com/watch?v=qFZKK7K52uQ</p> <p>Try listening to it before bedtime to help you drift off.</p> <ul style="list-style-type: none"> • Music can be very helpful to unwind and relax to. So your task 	<p><u>Try some relaxation techniques</u></p> <p>Today we are going to think about relaxation techniques. Yesterday we focused on music, but today we are going to look at movement and breathing. Try these each day to help you relax or use them before bed to encourage sleep.</p> <p><u>Breathing through shapes</u> <u>Triangle Breathing</u></p> 	<p><u>Try some Origami</u></p> <p>Origami (from <i>ori</i> meaning 'folding', and <i>kami</i> meaning 'paper') is the ancient Japanese art of paper folding. It is believed that paper was first invented in China around the second century AD however many people believe that paper is even older than this.</p> <p>Try making this origami crab</p>  <p>A Crab</p> <p>A larger set of these instructions can be found on page 5.</p>	<p><u>Make a happiness box or bag</u></p> <p>Sometimes we all need a little cheering up. Your challenge today is to make a happiness box that you can visit should you need a little cheering up!</p> <p>Look at the following examples to help:</p> 



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Home Learning

- Fold these up and put them into a jar or box.
- When we are allowed to do more things look back at your activities and try to complete as many as you can.

Ongoing Activity-

Success Diary

Throughout the week I would like you to keep a success diary.

- At the end of each day think about what you have been successful at. This could be – I helped to clean the house today, I cleaned out the guinea pig cage, I identified a bird or butterfly. You could ask other family members to tell you what they think you have done well today.

Look at page 4 – There is a grid you can fill out there with all of the useful or helpful things you have done.

OR

- make you own way of recording what you have done e.g with drawings, a poem etc....

At the end of the week look back at all of the wonderful things you have achieved!

today is going to involve making a musical instrument to use to create relaxing sounds.

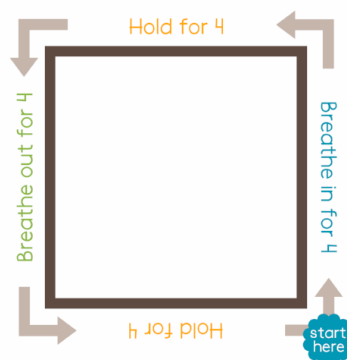
- Firstly think about which sounds make you feel relaxed.
- Have a look at what you have in your house to help you construct an instrument such as boxes, toilet roll tubes, plastic bottles, rubber bands etc..... Here are some pictures for ideas but there are lots more that you can find on the internet!



- Have a go at playing your instrument and making a short piece of relaxation music.

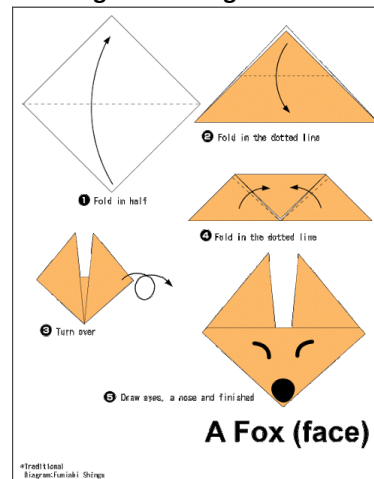
- Start at the bottom left of the triangle.
- Breathe in for three counts as you trace the first side of the triangle.
- Hold your breath for three counts as you trace the second side of the triangle. Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

Square Breathing



- Start at the bottom right of the square
- Breathe in for four counts as you trace the first side of the square
- Hold your breath for four counts as you trace the second side of the square

Have a go at making a fox



Watch the video to make an origami boat

https://www.youtube.com/watch?time_continue=13&v=FOYPF4W1JPA&feature=emb_logo

There are lots of lovely animals and objects you can make using origami-

Visit the following site for instructions on how to make many different objects and animals. <http://origami.me/beginners-guide/>

BAG OF HAPPINESS

A PASTER TO MAKE IT BETTER WHEN YOU HURT
 A LOVEHEART SO YOU'LL KNOW HOW LOVED YOU ARE
 A RUBBER TO HELP YOU ERASE ANY MISTAKES YOU MAKE
 A DIAMOND TO REMIND YOU NEVER TO LET ANYONE DULL YOUR BEAUTIFUL SPARKLE
 SOME STRING TO HELP YOU HOLD IT TOGETHER WHEN YOU NEED IT
 A PAPERCLIP SO YOU CAN BE ORGANISED IN EVERYTHING
 A LUCKY PENNY TO BRING YOU ALL THE LUCK IN THE WORLD
 A STAR TO WISH YOUR WISHES UPON
 A KISS FOR WHEN YOU NEED ONE

Homemade Bag of Happiness





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	<ul style="list-style-type: none">• You could make more instruments if you want to make a range of sounds. Think about how you need to play your instrument. Would it be fast, loud, quiet, gentle?	<ul style="list-style-type: none">• Breathe out for four counts as you trace the third side of the square• Hold your breath for four counts as you trace the final side of the square• You just completed one deep breath! <p>What other shapes could you use for breathing techniques? Can you draw them and write the instructions for somebody else to use?</p> <ul style="list-style-type: none">• Movement and exercise is a good way to help you relax. Visit the following website to take you through some useful relaxation movements. https://www.youtube.com/watch?time_continue=119&v=8Xp2UzG7UYY&feature=emb_logo <p>Try Joe Wicks 8 minutes workouts to get you moving! https://www.youtube.com/watch?v=TUp2_VAHrl</p>		<p><u>What could you put in yours?</u> Pictures of people you care about? A favourite teddy /book/poem? A lucky coin?</p>
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Home Learning

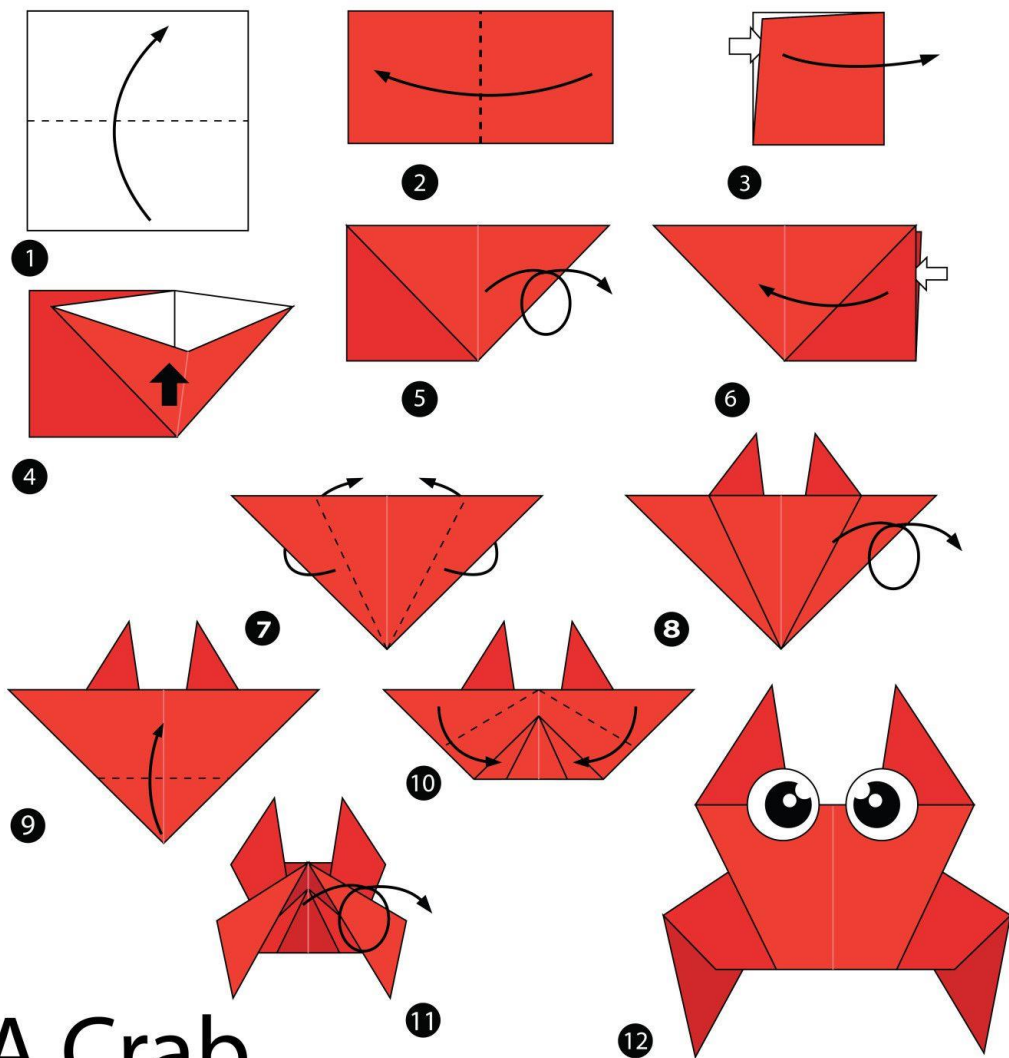
My Success Diary

Day	 What useful/helpful things have I done today? 
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

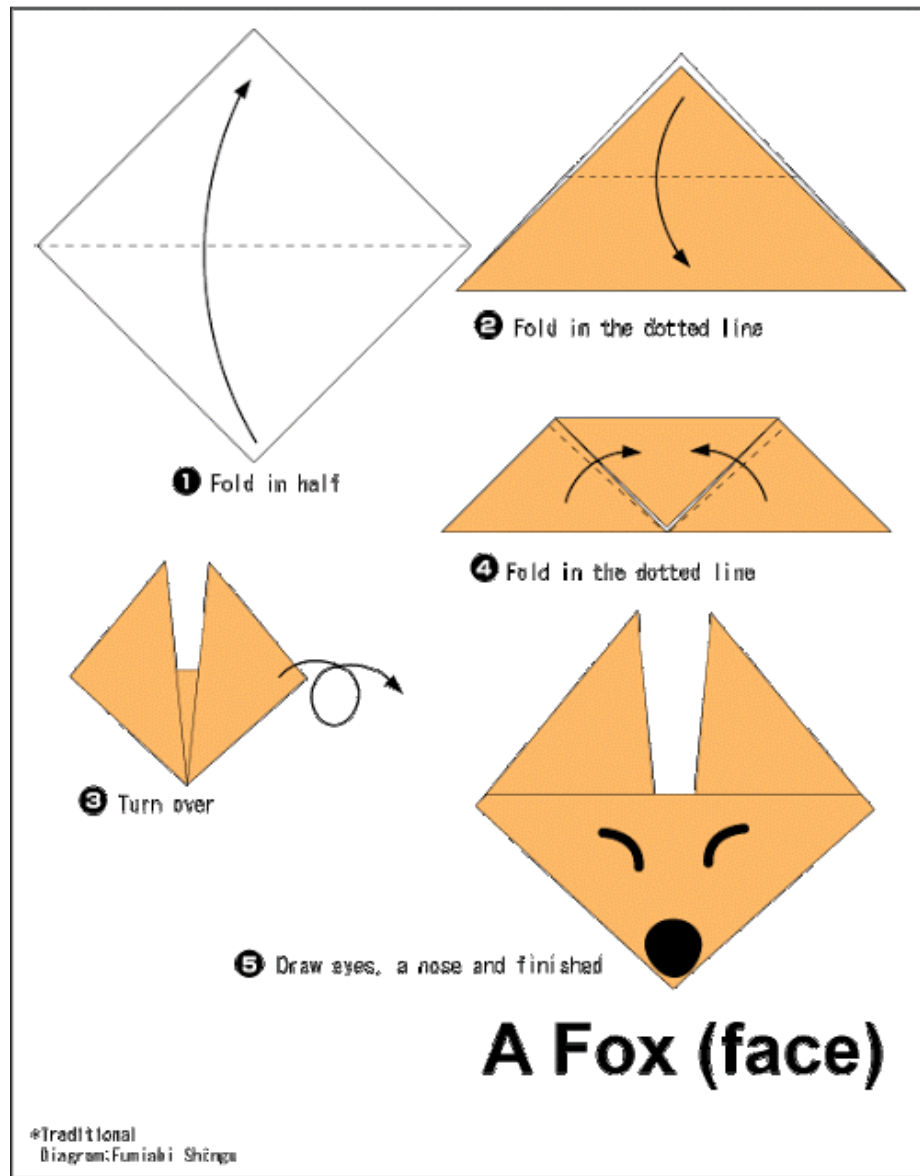


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A Crab



A Fox (face)

*Traditional
Diagram: Fumiabi Shingo