Halesowen C of E Primary School

Home Learning

DATE: 22.06.20 YEAR GROUP: 6

THEME/FOCUS: Transition/Wellbeing

To all of Year 6,

This time seems so strange that you aren't all in school with us. However, we do want to complete some of the end of term activities that we normally do, to try and ease your transition into your next school and reflect on your years with us. I know it will seem odd to be doing this when you aren't in school, but we are hoping it will help support you to feel more confident about starting high school.

Hopefully by now you will have heard from your new school. Many of them have sent videos or letters to their new Year 7s. If you haven't heard anything, please let us know so we can see if we can help. You can also ask your adults to contact the school you are going to.

Some of the things we are asking you to complete are there for your own feelings and to help you with transition. Others are to help you reflect on your time in school and we need these to be sent into school so we can collate them and send something to you all towards the end of the year. Please send anything to me at ks2@halesowen.dudley.sch.uk

Missing you all,

Miss Davies











Shout

In partnership with Place2Be, this free, 24/7 text service can support anyone in crisis anytime, anywhere.

Text CONNECT to 85258.



Halesowen C of E Primary School

Home Learning				
Transition:	Transition:	Transition:	Transition:	Transition:
Leavers Book.	Artwork	A message	Looking forward	Feelings about moving on.
We would like you to create a	What is your favourite memory	Is there anyone at Halesowen C	Ina few months things will be	Think about your move to high
page for the leavers' book	of your time in Halesowen C of	of E you would like to thank, or	different again for you.	school. What feelings are you
which tells everyone all about	E Primary School? Create a	would you like to thank all the	This isn't something to be	feeling about it?
you.	piece of art to represent	staff?	worried or scared about, it is	Write these down.
	it. You could draw a picture of	One way to say thank you is to	just part of your journey.	
What your name is	it, a comic page of it, a photo	send a letter. We would love	So today I want you to think	Next to each one, think about
What your hobbies are	of you recreating it or even a	to receive a letter from you	about what you will be doing in	what it is that is making you
What subjects you like doing in	large art piece showing what	telling us what Halesowen C of	a year from now, what about 5	feel that way.
school	you did.	E has given you.	years from now or 10 years	Write this down as well.
Who your friends are.	Be creative as much as you		from now?	
A memory of your time in	can!	Have a think about:		If the feeling is a negative
Halesowen	Please send these to me so I	Your memories	Draw a line with 4 boxes on it.	feeling, then write what you
Something you are looking	can use them in something to	Best lessons	In each box either draw or	can do to help you feel better
forward to	send to you all.	Things you enjoyed	write the following:	about that situation.
What you want to be when you		Things staff have done for you	1 – What you are doing now.	
grow up.	Songs	What you can do now, you	2 – What you think you will be	For example:
		couldn't do before.	doing in a year	
You can lay it out anyway you	What songs remind you of	A member of staff who did	3 – What you hope to be doing	Upset – Missing my friends – III
want. You can draw it on a	things that have happened in	something special for you	in 5 years	make new ones.
piece of paper or use a	school? Are there any other		4 – What you hope you are	Scared – of getting lost – I will
computer to create it. Make it	songs that represent your time	There may be other things you	doing in 10 years.	have people around that will
as creative as you can and	in Halesowen C of E.	want to include, so do that.		help me and I can ask the staff.
decorate it in a way that	These songs will be very	These letters are for you to say	Wellbeing	
represents you.	important to something we are	goodbye and thank you. If you	Have a think about what	
I will collate all these pages and	making for all of you so please	send them to me, I will send	moods you have felt over the	
create something to send to all	send them to me.	them onto the staff to read.	past week.	
of you so please take a photo			Have you felt:	
of your page and email them to		Video Message	Happy, Sad, Worried, Angry	
me, or email me the file (if you			Frustrated?	

create them on a computer)



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Home Learning

Wellbeing.

It is very important that you always look after yourself. The following activity is one way to help you to find ways to relax. Anytime you are feeling worried or stressed, try one of the ways you have put on this activity to help you relax.

When you relax you let your muscles in your body relax and your mind too. You could do this by:

- Reading a book
- Watching a movie
- Talking a walk
- Be creative and try drawing, painting or colouring
- Listen to music
- Draw a place where you are happy and imagine yourself there

What else makes you feel relaxed? Use some of the ideas I have given or come up with your own to fill in the list below.

Wellbeing

What makes you happy? What things bring a smile to your face?
For me it is:
Sleeping animals
Having a cuddle
Eating chocolate
Dancing to music
Seeing my family

Have a think about what makes you smile and then draw or write them in the bucket below. Try and come up with enough ideas to fill it up. At any point you feel sad, you can look at it and do one of the things or find one of them to make you happy again.

I would like to have some video messages from you to include in what I am making for you all. See if an adult will record you. Use this to say thankyou and to explain your thoughts about leaving Halesowen C of E.

If you can't record them, write them down and send them to me. I can use these as well.

Wellbeing

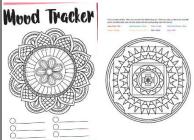
Did you know that controlling your breathing is a great way of calming you down and making you feel better? This is something that with practise will be easier and have a better effect. Look on the sheet created below for some ways to start practicing breathing exercises.

The exercises have come from this website. They have plenty of other ideas you could try as well.

https://copingskillsforkids.com/deep-breathing-exercises-forkids

Create a mood Mandala like the ones below. This is a simple pattern with lots of different sections. When you feel a different mood, colour in a part of it in the colour that is linked to your mood.

When your mood is negative try some of the other wellbeing activities we have done this week to improve your mood.





Wellbeing

You are all amazing individuals and it is very important you understand that and think of yourself as that. Don't let anyone bring you down. Fill in the sheet that is attached with this document. It is called I am an amazing person.

If you are unable to get this document, write a list of everything that makes you an amazing person.

Things such as:

I am a good friend because I look after those around me.

I am a good member of my family because I wash up after dinner to help my mum out.



I can relax by...





Happiness is important. These things make me feel happy:





Breathing exercises:



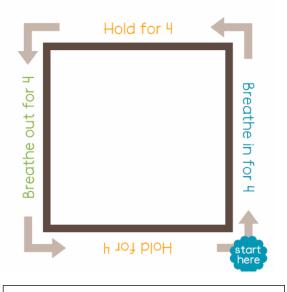
TRIANGLE BREATHING

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

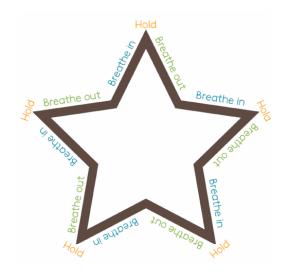
Breathe in for four counts as you trace the first side of the square

Hold your breath for four counts as you trace the second side of the square

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!



STAR BREATHING

Start at any "Breathe In" side on the star.

Trace your finger over the "breathe in" side of the point

Hold your breath when your finger gets to the tip of the point

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths