



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Improving
children's
mental health



Shout

In partnership with Place2Be, this free, 24/7 text service can support anyone in crisis anytime, anywhere. Text **CONNECT** to 85258.



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



1

2

3

4

5



Breathing exercises:



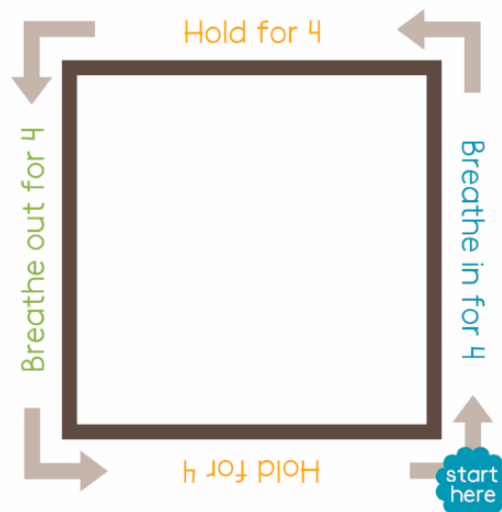
TRIANGLE BREATHING

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