



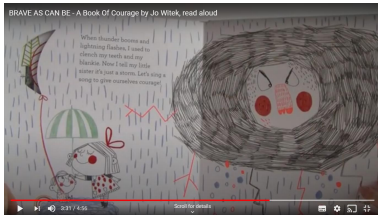
Halesowen C of E Primary School
Home Learning

DATE: Week beginning 22.06.2020

YEAR GROUP: 3 and 4

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>How are you feeling?</u></p> <p>This is a game we would like you to play as a family.</p> <p>Each of you needs to write down as many feelings as you can think of on small pieces of paper and place them into a bowl.</p> <p>Take it in turns to pick a feeling from the bowl.</p> <p>Don't tell your family exactly what the feeling is, you have to describe it.</p> <p>Think about these questions, Can you control this feeling? What causes this feeling? How does it make you feel inside? Does it cause any other feelings?</p> <p>Your family have to guess what the feeling is from your clues and description.</p>	<p><u>A picture of nature.</u></p> <p>https://youtu.be/0llc0v5g82Q</p> <p>Watch this video explaining stick art and how to create a picture together in silence.</p> <p>I would like you to go for a walk or in your garden and collect a variety of different things from nature. Sticks, leaves, flowers, soil, stones and grass are just some different ideas</p> <p>For this task you will need at least 2 people, if there are more that's fantastic!</p> <p>Your task is to create a picture together using the variety of things you collected from nature.</p>	<p><u>Bravery, facing our fears.</u></p> <p>https://www.youtube.com/watch?v=i4L2mITBfE</p> <p>If you have access to the internet watch the story of Brave as Can Be being read. If not please focus on the image below. (There is a larger image below the grid)</p>  <p>What do you think was brave about the character?</p> <p>What feelings do you think they were having at the time?</p>	<p><u>Food and feelings.</u></p> <p>We know that different types of food affect our bodies in different ways, but have you ever considered how what you eat can affect your mind as well.</p> <p>I have found a quotation that I would like you to read.</p> <p>'One cannot think well, love well and sleep well if one has not dined well.' (Virginia Woolf)</p> <p>What do you think it means and why do you think it was written?</p> <p>Food can help uplift our mood, I would like you to have ago at making a snack. Your snack must be healthy.</p>	<p><u>Let's get moving!</u></p> <p>Moving around releases something called endorphins, these help clear you mind and make you happy!</p> <p>Watch this video, https://youtu.be/v3kTUdWM7U4</p> <p>It shows how you can use a piece of paper to complete exercises.</p> <p>Level 1- Jumping over a piece of paper with 2 feet together, 20 times.</p> <p>Level 2- Hopping over a piece of paper (one foot raised), 20 times.</p>



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What can you do to stop or reverse this feeling if it is unwanted? Or if it is a nice feeling, how can you replicate it again?

What makes you, you?

As a family think of 3 ways you are similar and 3 ways you are different.

Don't just focus on the way you look, think about what makes you or them special, what do you enjoy or what are they good at?

We are all unique and should celebrate this!

One by one you will each add something to the picture until all of the items from nature have gone.

You cannot talk to each other during this game, it has to be completed in silence.

I wonder what picture you will create. Why not take a photograph and email it to us at

Ks2@halesowen.dudley.sch.uk

This game can be repeated as many times as you like.

Sketching Happiness.

Create a sketch of a picture that makes you happy.

Try the different techniques pictured below and see if you can use them in your sketch.

What feelings do you think they were having afterwards?

Think about the brave moments you've had. What are they?

What do you think you need to be brave for in the future?

Draw your very own brave character. Make sure you label the character with feelings of bravery.

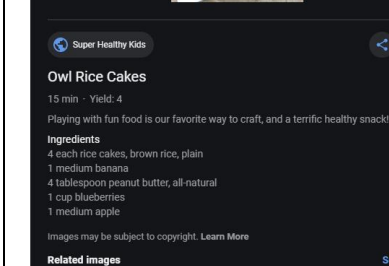
Missing list

Write a list of the things you have missed doing you're your family during lockdown, make sure they are positive things.

Choose one thing from the list to complete.

I think I'm going to try some new baking techniques.

Here are some examples below you could have a go at making.



Level 3- In a push up position tap the paper with alternate hands each time, 20 times.

Level 4- Jump directly over the paper ensuring your feet touch together. 20 times.

Level 5- Hands on your hips, lift your legs up and down touching the paper, 20 times.

Bonus Level- In a bear crawl position take very small steps around the paper. Circle the paper 10 times.

Challenge someone in your house, who can complete the moves the fastest?

Now it's your turn to make up your own moves!



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Positive thoughts.

Watch the video of The Zen Den from Cosmic Kids Yoga.

<https://youtu.be/0llc0v5g82Q>

I want you to think of three positive thoughts all about you.

First thought has to begin with 'I am'

Second thought has to begin with 'I have'

Third and final thought has to begin with 'I can'



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hatching



cross hatching



stippling



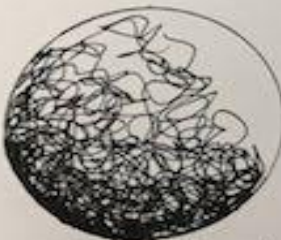
contour



cross contour



Wood grain



squiggles/random marks



*Angled/contrast
directional lines*



Wash (ink)



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BRAVE AS CAN BE - A Book Of Courage by Jo Witek, read aloud

