



## 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 when you aren't all in school together (although you are and we are pleased about that) . We are going to ask all of Year 6 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. You will do some in school with Miss Gordon and Mrs Tomlinson and some at home on a Tuesday and Thursday.

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 will help you explore your 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](mailto: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.

<b>MONDAY- In School</b>	<b>TUESDAY- at home</b>	<b>WEDNESDAY In School</b>	<b>THURSDAY at home</b>	<b>FRIDAY In School</b>
<b>Class Assembly- in school Monday, Wednesday and Friday</b>				
<b>Looking forward</b>				
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?				
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 year				



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<p><b>Transition:</b></p> <p><b>A message- English Lesson</b></p> <p>Is there anyone at Halesowen C of E you would like to thank, or would you like to thank all the staff?</p> <p>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:</p> <ul style="list-style-type: none"><li>Your memories</li><li>Best lessons</li><li>Things you enjoyed</li><li>Things staff have done for you</li><li>What you can do now, you couldn't do before.</li><li>A member of staff who did something special for you</li></ul> <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><b>Transition:</b></p> <p><b>Artwork</b></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.</p> <p>Be creative as much as you can!</p> <p>Please send these to me so I can use them in something to send to you all.</p> <p><b>Songs</b></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.</p> <p>These songs will be very important to something we are making for all of you so please send them to me.</p>	<p><b>Transition:</b></p> <p><b>A message- English Lesson</b></p> <p>Carrying on from Monday</p> <p><b>Wellbeing</b></p>	<p><b>Transition:</b></p> <p><b>Leavers Book.</b></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.</p> <p>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><b>Transition:</b></p> <p><b>A message- English Lesson</b></p> <p>Finish of letter from Monday and Wednesday.</p> <p><b>Video Message</b></p> <p>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.</p> <p>If you can't record them, write them down and send them to me. I can use these as well.</p>
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#### WELL BEING ACTIVITIES FOR THE WEEK:

Try some of these in school or at home-

- 1) 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.

- 2) 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.
- 3) 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-for-kids>
- 4) Have a think about what moods you have felt over the past week. Have you felt: Happy, Sad, Worried, Angry, Frustrated? 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.
- 5) 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.



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I can relax by...



1

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2

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3

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4

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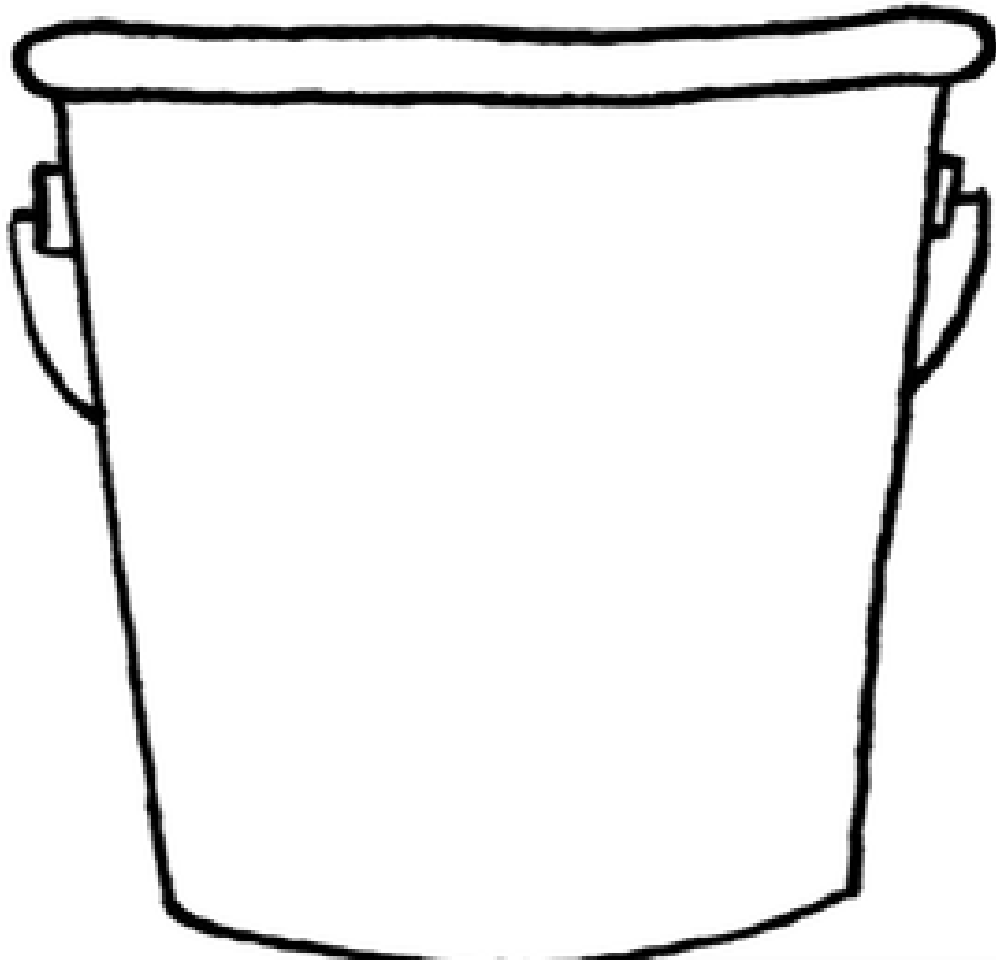
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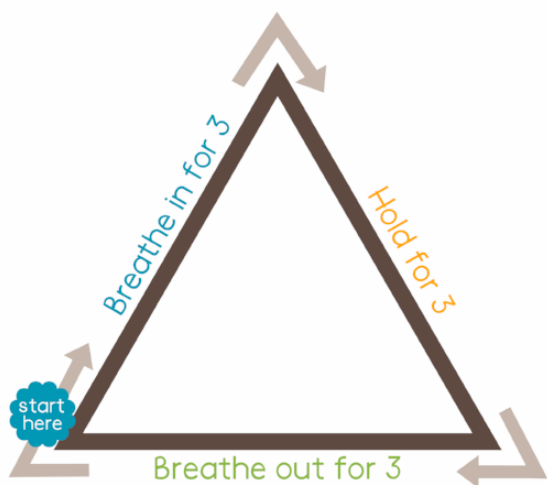
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Happiness is important. These things make me feel happy:





## Breathing exercises:



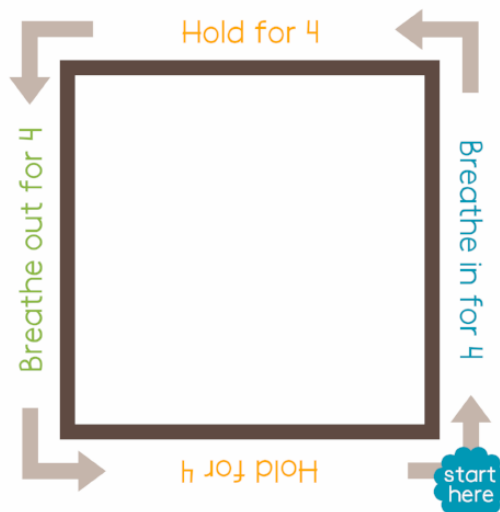
### TRIANGLE BREATHING

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

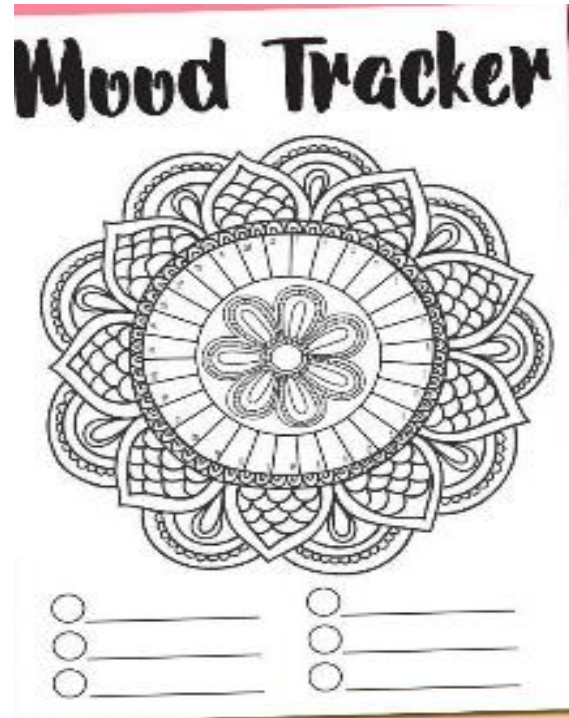
Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

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



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This is a mood mandala. Start your way from the middle circle out. When you wake up, after lunch, and after dinner, but before bed, color the text section with the corresponding color from the key.

Angry/Hot = Red	Sad/Disappointed = Green	Frustrated = Purple	Don't Feel at All Happy = Blue
Nervous = Orange	Lonely/Unhappy = Yellow	Quiet = Black	Love = Pink

