



Halesowen C of E Primary School

Home Learning

DATE: 22.06.2020.

YEAR GROUP: 1 and 2

THEME/FOCUS: Mental Health and well-being "Mindfulness"

*Mindfulness is about being 'in the moment' and focusing completely on what you're currently doing - using all your senses to really experience it.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose one of the activities below to start off your day.</p> <p>Activity 1 - Kind thoughts</p> <p>Practise kind thoughts by prompting your child to think of 5 people they would like to send kind wishes to. This could be a friend or family member.</p> <p>Activity 2 - Letter or picture</p> <p>Chose one of the people from above (or it could be</p>	<p>Choose one of the activities below to start off your day.</p> <p>Activity 1 - mindful eating</p> <p>Have a 'mindful' snack by describing the smell, texture and taste of the food. Take a food item and ask your child to examine theirs closely (look at it, smell it, see what it feels like in their mouth, taste it and listen carefully to the sound it makes) as though they've never eaten one before.</p>	<p>Choose one of the activities below to start off your day.</p> <p>Activity 1 - colour your feelings</p> <p>Sit down with your child and 'colour your feelings' together depicting each emotion with a new colour. For example, the colours could represent: Blue - sad, Red - love Yellow - happy.</p>	<p>Choose one of the activities below to start off your day.</p> <p>Activity 1 - Gratitude</p> <p>Explore gratitude by discussing with your child things that you are grateful for. This could be physical things such as your home, your cats, your toys and it can also include things like love, friendship and hearing the birds sing.</p>	<p>Choose one of the activities below to start off your day.</p> <p>Activity 1 - pebble art</p> <p>Go on a pebble or rock hunt. See if you can find some that have been hidden in parks for you to find. Look at the different ones and then see if you can find a pebble or rock to illustrate/paint.</p> <p>What could you include on yours?</p>



## Halesowen C of E Primary School

### Home Learning

all 5 of them) and write a letter or draw a picture of their kind wish to them. For example, it could be a short letter explaining why they are missing them and how they hope they are well.

It could be a picture of them both playing together with a caption: "I can't wait to see you again."



Or of them and Nanny reading a story with the caption: "I can't wait for a sleep-over and a bedtime story Nanny."

What do children enjoy the most about it? What did they notice that they may not have done before? What sound did it make when they ate it? What did it feel like?

#### Activity 2 - Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

There are different yoga activities to choose from. These are great for releasing tension and feeling calm.

It may feel a little funny at first but once you get into it, it is absolutely brilliant for releasing tension and peace of mind. Give it a go!

I love the Gruffalo one!

Children must then use their reasoning skills to explain why this colour makes them feel that way. For example; "Yellow makes me happy because it makes me think of the sun. I love it when it is sunny; it reminds me of being on holiday."

Activity 2 - Have a giggle and a laugh:

Watch a show your child loves, tell some jokes or take it in turns to pull funny faces at each other. These are great ways to relax and handle nervousness.

#### How it works

Laughter or feeling stimulated helps decrease stress hormones, and relaxes muscles. So give it

Try to include a mix of both. Children can draw a picture and label them.

#### Activity 2 - Cloud spotting

Go outside and lie down (weather permitting). Stay as still as you can and simply watch the clouds go by together. See what shapes you can spot among the clouds.

While you are doing this, encourage your child to take a deep breath in for 4 through their nose and then out for 4 through their mouth. They have practised this breathing technique in school with Mrs Potter and Mrs Wheeler.

When you have finished decorating your rock or pebble go and hide it somewhere for someone else to find.





## Halesowen C of E Primary School

### Home Learning



a go and note how much better you feel after!



#### Activity 3 - Bubbles

Get some washing-up liquid and water and mix together in a bottle or bowl. Use a straw to blow some bubbles or if you have bubble wands the you can use them too.



#### Activity 3 -Guided meditations. 'Peace Out'

Below is a link to Cosmic Kids website where there are some guided relaxation videos. They are a great way to get your child to relax.

<https://www.cosmickids.com/mindfulness-activities-kids/>



Halesowen C of E Primary School  
Home Learning

# Activities to start the day

Sensory Brain Break

## Hand Crawls

Make your fingers into a crawling spider- make your spider walk or run across the table.



Sensory Brain Break

## Scrunch It

See how many times you can scrunch tissue paper into a ball.



Sensory Brain Break

## Draw It

Use a sand tray or sensory tray- see how many different patterns you can draw.



Sensory Brain Break

## Roll It

Use a gym ball and ask an adult or friend to roll the ball across your back.



Sensory Brain Break

## Superman Roll

Use a gym ball, lie on your front, roll forwards and backwards across the ball in a superman pose!



Sensory Brain Break

## Wrap Up

Wrap yourself in a heavy blanket or use a weighted vest.





Halesowen C of E Primary School  
Home Learning

Sensory Brain Break

### Bounce!

Use a gym ball, bounce up and down on the ball.



Sensory Brain Break

### Fiddle Toys

Explore a fiddle box of toys!



Sensory Brain Break

### Jump

Use a mini trampoline to practise jumping. Play hopscotch or jump on the spot.



Sensory Brain Break

### Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?



Sensory Brain Break

### Wall Pushes

Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?



Sensory Brain Break

### Stretch and Pull

Use a stretchy band.

Can you stretch the band with a friend or an adult?

