

## Rowboats, Sailboats and Submarines

### Topic Work w/c 13.07.20

Our last topic work this term will be linked to **PSHE**. We will focus on wellbeing and your hopes and dreams as you move into a new class.

### Monday 13<sup>th</sup> July

Sometimes we might feel very worried, frightened or sad. Returning to school and moving into a new class is exciting but it can also make us feel nervous.

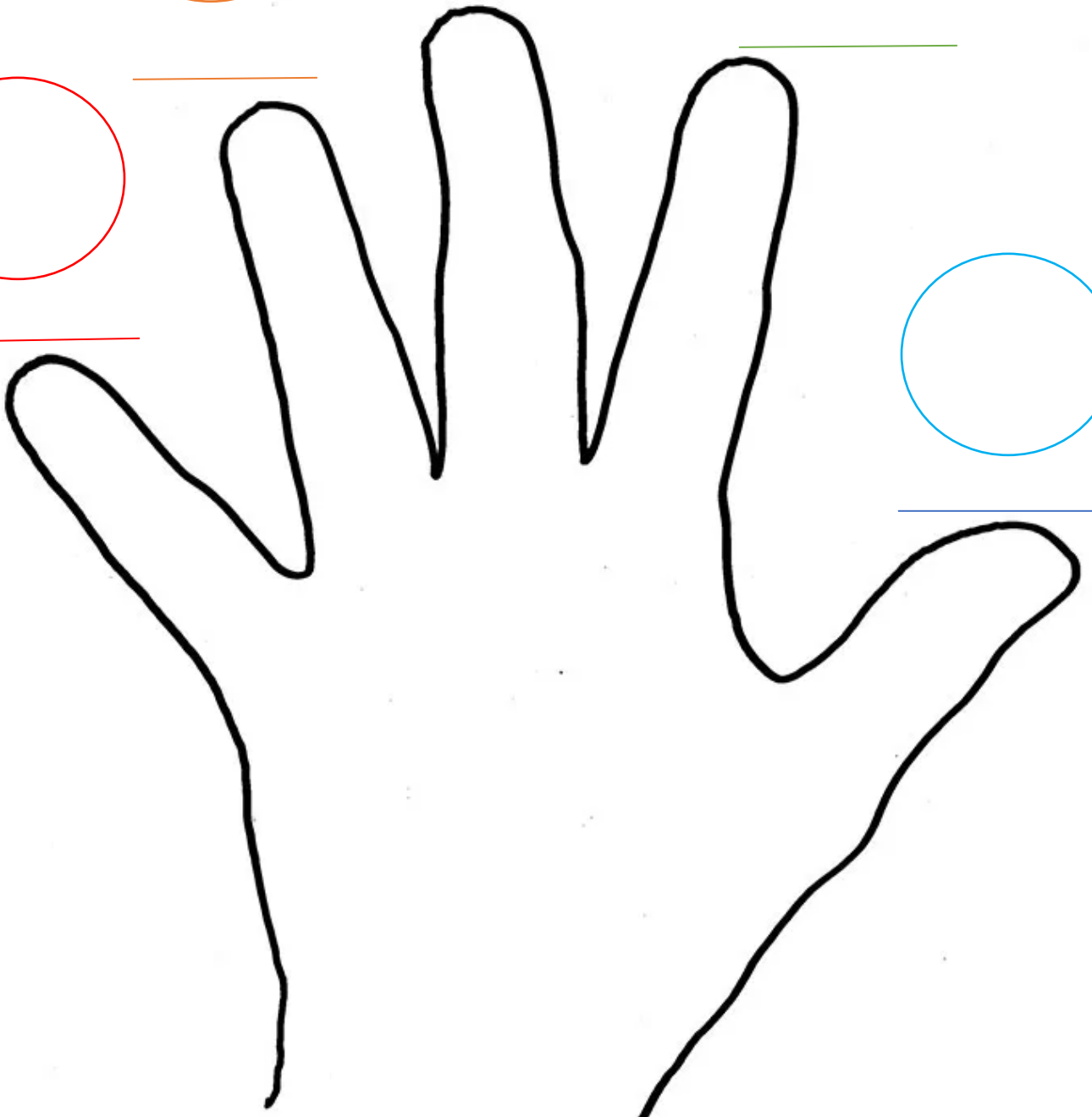
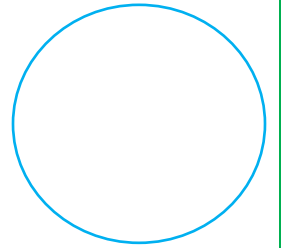
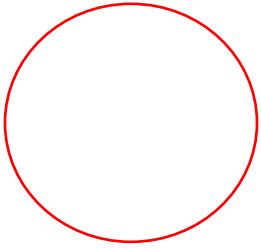
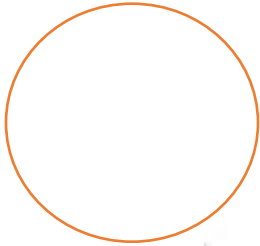
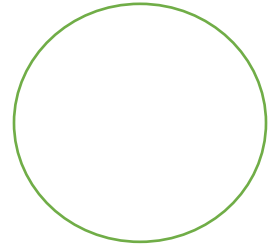
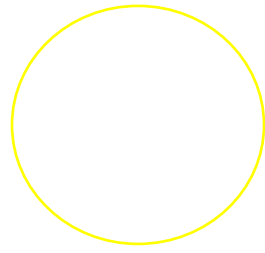
If you are feeling worried or sad, talking to someone you trust is a good place to start.

Think about people in your life who you **trust** and who **care** about you.

- 1) Draw around your hand or use the hand on the next page.
- 2) On each finger write the name of the person you trust and draw a picture of them.
- 3) Think about how these people make you feel, for example, safe, happy, reassured.
- 4) Write these positive feelings in the middle of your hand so you can remember how your trusted friends and family make you feel.

You could also colour your hand in and draw pictures or designs to express your positive feelings.

# My Helping Hand



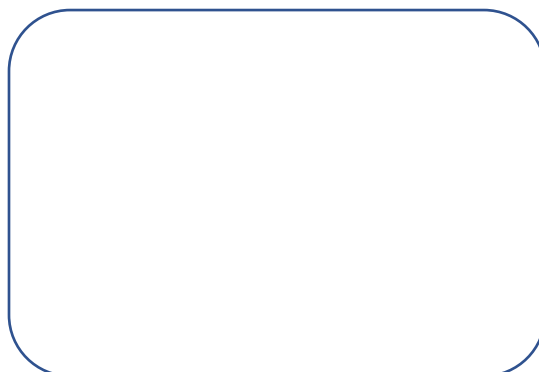
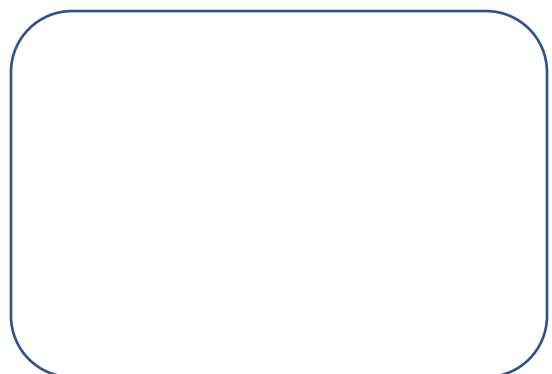
## Tuesday 14<sup>th</sup> July

Talking to someone is a good way to make ourselves feel better. It is also important to do things that make you feel good and happy. A hobby is an activity that you choose to do because you enjoy it. Think about your hobbies and how you feel after completing these activities.

Create a mind map of your favourite activities:



Choose 3 hobbies and draw a picture of yourself doing each activity.



Think about how you feel when you are doing these activities.

What advice would you give to a friend if they were feeling a bit sad?

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## Wednesday 15<sup>th</sup> July

Today we are going to do a **Yoga** activity on YouTube. Yoga is an activity where you make different shapes with your body. It is an exercise for the mind and body which can make you feel good and make you feel calm.

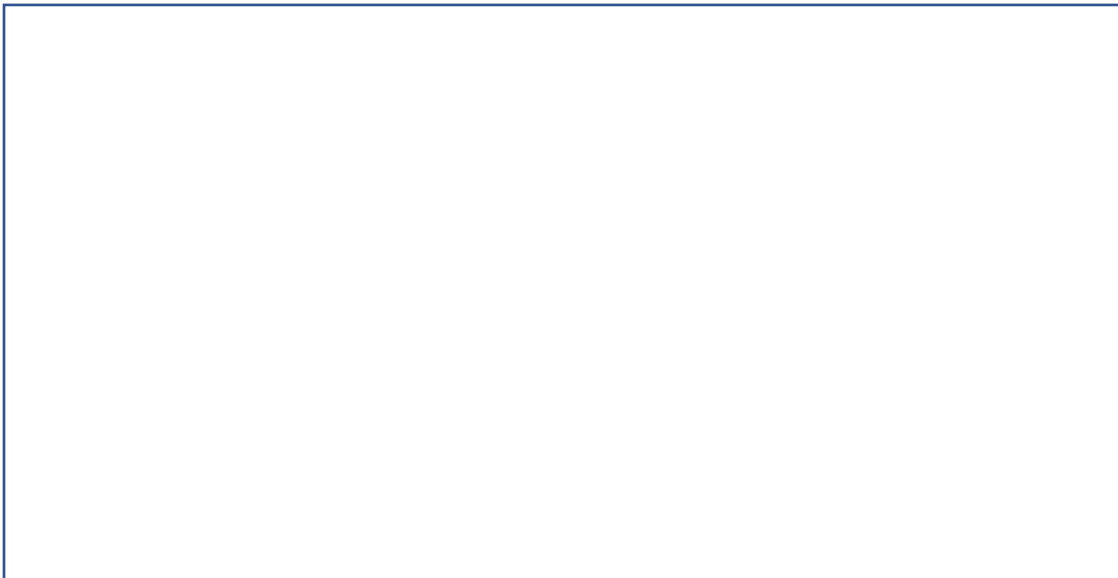
Ask an adult before you use the internet and make sure you are safe online.

Today's yoga activity is safari themed. So get ready to go on an adventure!

<https://www.youtube.com/watch?v=C4CaR0syf1g>

After you have completed the activity, think about how you felt before and how you feel now.

- 1) Draw a picture of you doing your favourite yoga position.



- 2) How can yoga help you to improve how you feel?

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## Thursday 16<sup>th</sup> July

Today we are going to reflect and think about our year in school. We are going to think about our favourite memories, goals we achieved and the best things we learned.

Take a few minutes to think back to the start of the year.

What couldn't you do then but you can do now?

Write 3 things you have achieved in school this year.

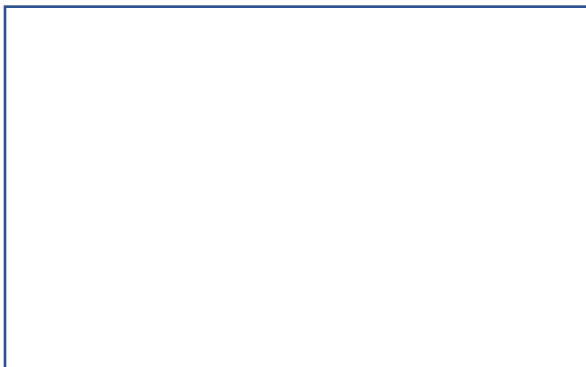
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What did you enjoy learning about most this year?

Draw a picture to show what you learned and explain why you enjoyed it so much.



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What was your favourite memory from this school year? Draw a picture and explain the memory.

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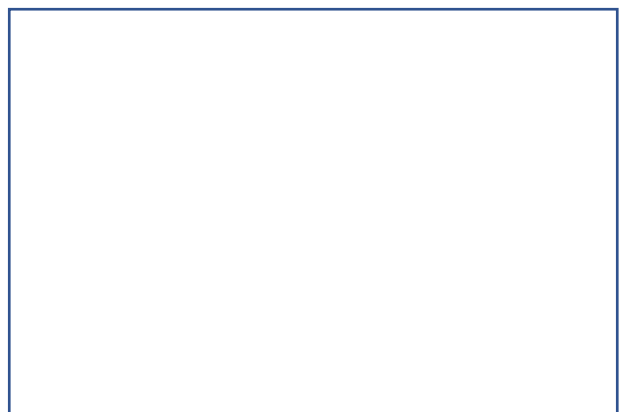
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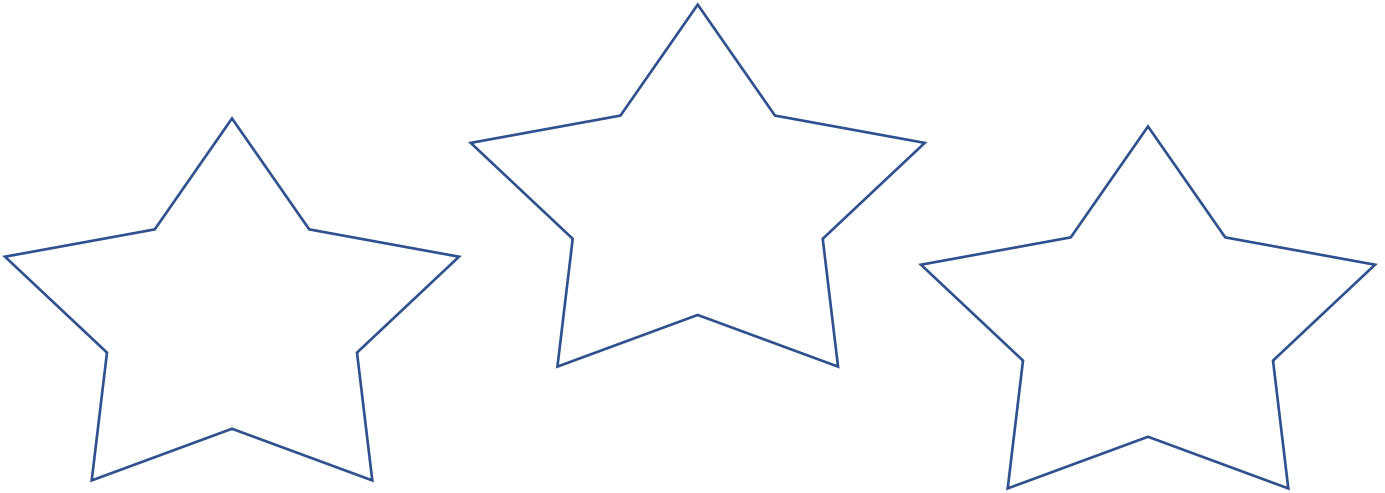
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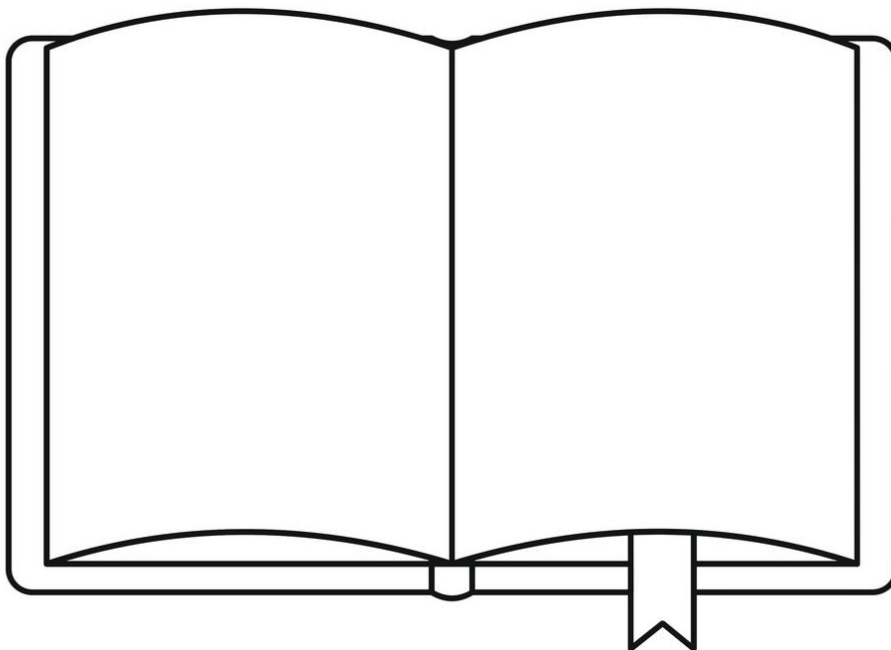
## Friday 17<sup>th</sup> July

Our last piece of topic work for this term will focus on our hopes and dreams for our new class.

Draw three hopes for something you would like to do next year.



Draw 2 things you hope to achieve in your learning?



What are you most excited about for the next year?

I am most excited about...

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