



This half-term, homework mainly focuses on Maths & English to support you all in 'catching-up' after lockdown.

However, we know how important your well-being is and we want you all to consider well-being too.

This grid contains ideas for looking after your well-being. You can complete an activity and provide writing, drawn pictures or photographs as part of your homework.

Year 3 - Maple - well-being Homework Menu ~ Spring 2 2021

<u>Personal Weather Report</u>	<u>A letter to your future self</u>	<u>Well-being challenge</u>	<u>Let your worries go (balloons)</u>	<u>Happy place</u>
<p>We can think of the sensations and emotions arising in our bodies as being like a weather systems moving across a landscape.</p> <ol style="list-style-type: none">1. Make sure you are sitting comfortably with your feet on the ground and your back upright.2. Close your eyes if you feel safe to do so and notice	<p>Write a letter or draw a picture to give yourself in a year. What do you want to show or tell yourself about what you are feeling now? What do you want to remind your future self about the positives and negatives of your lockdown experience? You could include the thoughts and feelings of the people you live with too. You could put it in a</p>	<p>Take on the 'Well-being challenge' by doing each one of these activities in a week. (Please make sure you are following the current government COVID guidelines)</p> <p>You could take a photo or draw/write about each activity and how it made you feel.</p> <ol style="list-style-type: none">1. Connect with someone outside	<p>Draw some balloon shapes (as many as you need) and write down a worry in each.</p> <p>Bigger worries can have a bigger balloon if you want - you decide.</p> <p>Imagine letting those worries fly far away in to the air inside the balloons.</p>	<p>Imagine your happy place. For example, somewhere you have been on a day trip, somewhere in your house or somewhere you have been on holiday. Draw a picture of this place, think about the following.</p> <p>When you think of this place, who is with you?</p>

what's going on inside. Spend a minute or so just observing what's happening inside you.

3. Now, see if you can summon the weather report that best describes what you notice inside, for example, you might feel sunny, rainy, stormy, still, windy and so on.
4. Open your eyes and share your weather report with someone, or draw a picture to express how you are feeling.



safe place and look at it a year from now.



your household, eg: video call, message, letter, picture, etc...

2. Be active.
3. Take notice of the world around you.
4. Keep learning.
5. Give to others.



What do you have with you in this place?

When you are in this place, how does your body feel?

When you are in this place, how does your brain feel?

When you are in your happy place, what stops you from feeling sad?

