




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 1 - well-being Homework Menu ~ Spring 2 2021

<p><u>Let your worries go (balloons)</u></p> <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><u>Positivity Jar</u></p> <p>Find a jar. Write positive thoughts and ideas about yourself. E.g. I make other people smile. I am good at making cakes.</p> <p>Put them inside the jar. You could ask other people in your household or at school to add positive thoughts too. If you are feeling sad or worried, open the jar and</p>	<p><u>Well-being challenge</u></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> <p>1. Connect with someone outside</p>	<p><u>Happiness</u></p> <p>What makes me happy?</p> <p>Who makes me happy?</p> <p>Draw and write around a picture of the sun</p> 	<p><u>Happy place</u></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>
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read the thoughts in the jar. Remember how much you are valued.



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?

