

Monday 7th February



Our British Value focus:



Glue in your cover page



*Introduce this year's Mental Health Week  
with an assembly.*

*Use the notes for the slides.*

*Watch this familiar story.*



*While watching, think about some of the changes the characters went through.*

Can you think about changes you have been through yourselves?

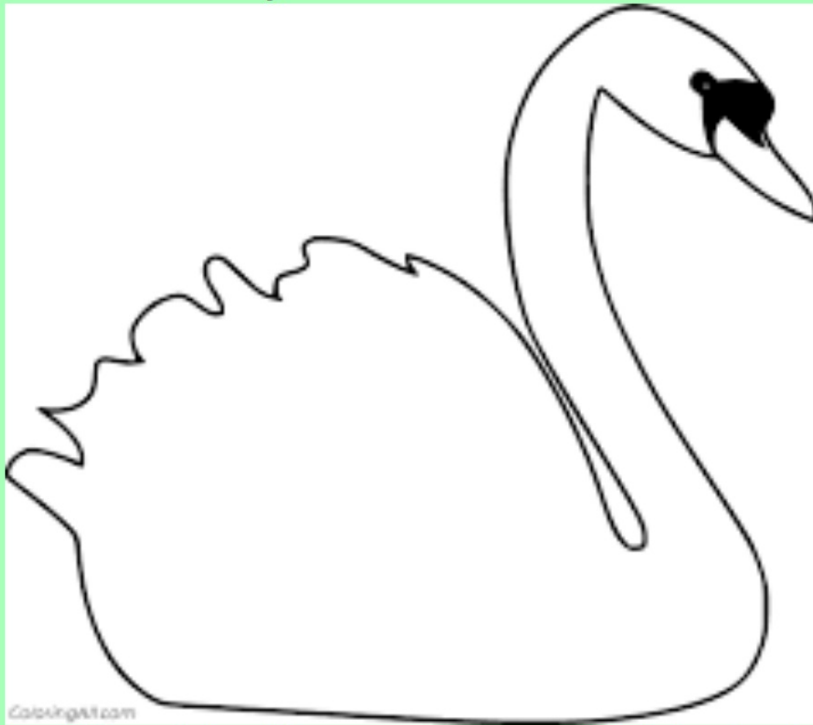
For example, have they always been able to walk, write their name, make friends etc?

Think about what you would like to be able to do when you are older.

Think about whether you might need help at first to do those things, and who might help you.

Decorate the inside of the swan with pictures or words showing things that you have learnt to do

Example: draw , write my name, count to 10, do a handstand



On the outside, fill in the things you would like to be able to do in the future.

*Jump up and have a dance and sing along!*



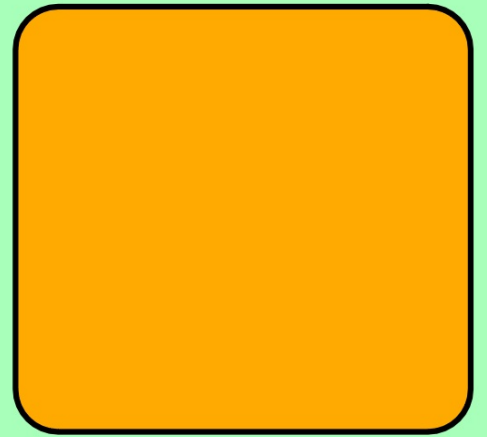
S Club 7 - Reach

*What are goals?*

*Do we reach them straight away?*

*Or do we have to take small steps?*

*Do you remember Jane the scientist?*





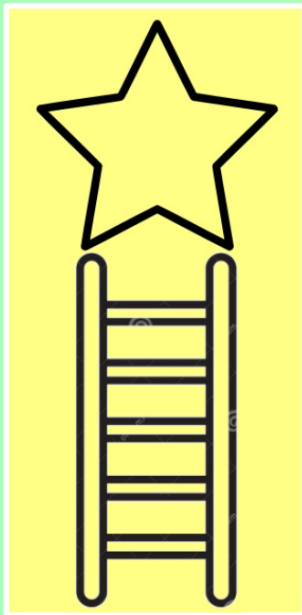


*How will you reach your goals?*

*Write your goal on the star that you would like to reach.*

*On each ladder rung, put a small step towards your goal that you've set.*

*How can you praise and encourage each other when you see classmates take small steps towards their goals?*



*Your goal could be around emotional growth, for example,*

- learning to cope with a difficult feeling like anger;*
- learning to say sorry when you have hurt somebody*
- learning to speak up for something you believe in.*

What skills do you currently have?

What steps did you have to take to get there?

Example:

- Baking-learning to use an oven safely
- Riding a bike-starting with stabilizers
- Dancing
- Swimming
- Learning and instrument

*Did anything ever go wrong  
while you were learning?*

*What helped you keep going?*

*What did you learn?*

Draw and write a comic strip describing the development of your skill over time - including when things went wrong.

Add a final square, and draw a picture of what could happen if you continued to develop this skill (e.g. a picture of them in the BMX Olympics, in the Great British Bake-Off or writing their first novel!)

*When you started*

*What went wrong*

*What did you do after*

*If you continue*

<i>When you started</i>	<i>What went wrong</i>	<i>What did you do after</i>	<i>If you continue</i>

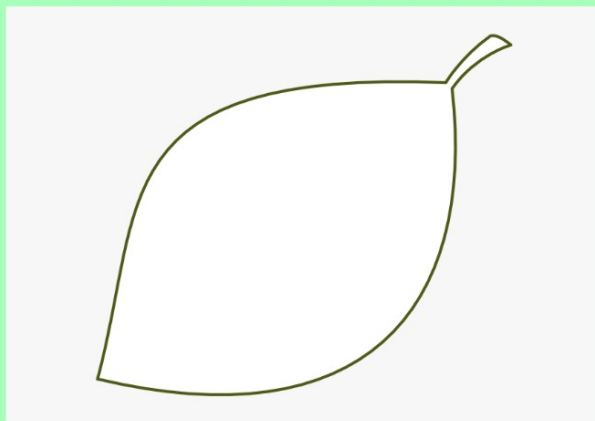
We are going to make a growing together tree about the growth you have made since September.

Think about your own growth and someone else's growth.

Write or draw something that you have learned, achieved or found out about yourself on the leaf.

This could be:

- academic
- in sport
- music
- art
- in a friendship.



Remember to include things that other people may not notice, for example:

- 'I found someone else to play with when my friend was absent'
- 'I read aloud in class, even though I felt really nervous'
- 'I walked away rather than shouted when I felt angry'
- 'I tried something new for lunch'.

