



Year Group: Years 5 and 6

Week Beginning: Monday 4<sup>th</sup> May 2020

Subject: PSHE and Wellbeing

1. Theme: Feeling Thankful	Now is a great time to think about why we are thankful. <u>Activity:</u> Purple Mash - PSHE/Wellbeing Week 3 Activity 1 - Blank List - Write a list of all the things you are thankful for and why they are so important to you.
Wellbeing Wednesday	Let's get drawing! Can you draw a picture of what you see outside your bedroom window? Look carefully at all the different shapes and colours you see. Tweet us with your amazing drawings! #WellbeingWednesday
2. Theme: Feelings	Colours can trigger different emotions and feelings for us. Discuss this as a family. <u>Activity:</u> Purple Mash - PSHE/Wellbeing Week 3 Activity 2 - Colour Poem - Import a colour picture by clicking on the + sign. Using the 'some ideas' box write some ideas of how each colour makes you feel.