



Year Group: Years 5 and 6

Week Beginning: Monday 11th May 2020

Subject: PSHE and Wellbeing

<p>1, Theme: Positive feelings</p>	<p>Having positive thoughts and feelings at this time really helps us all. Think about your work last week about what you have to be thankful for. Can you design a POSTIVI-TEE? <u>Activity:</u> Purple Mash - PSHE/Wellbeing Week 4 Activity 1 - Tshirt - Design a t-shirt spreading a message of positivity at this time. Think about the colours you can use, which images/words would make people smile and feel positive?</p>
<p>Wellbeing Wednesday</p>	<p>Doodling is great for relaxing you and letting your mind wander. Take a look at these Henna examples. Draw round your own hand and see if you can make your own designs. Tweet us with your designs! #WellbeingWednesday</p>
<p>2. Theme: Being kind to yourself</p>	<p>Sometimes it can be hard to be positive about ourselves and listen to the nice things others say about us. <u>Activity</u> Purple Mash - PSHE/Wellbeing Week 4 Activity 2 - Fill the jar full of kind thoughts about yourself. You could write key words or draw images. Ask your family to share some positive things about you that you could include. Can you add a sentence underneath as a positive affirmation? e.g. I am kind as I share with my sister/brother.</p>