



Year Group: Years 3 and 4

Week Beginning: Monday 27th April 2020

Subject: PSHE and Wellbeing

<p>1, Theme: Kind to Others</p>	<p>As a family, listen to The Kindness Book by Todd Parr. https://www.youtube.com/watch?v=SFzmydgwugw&feature=youtu.be <u>Activity:</u> Purple Mash - PSHE/Wellbeing Week 2 Activity 1 - Blank Poster Template - Create a Poster 'In our family, kindness is....' Draw images and write a message to share what you think kindness is in your family.</p>
<p>Wellbeing Wednesday</p>	<p>Mindful Eating! As you eat a meal or a snack together, try this Mindful Eating activity for your wellbeing. Pay attention to the taste, sight and textures of what you eat or drink. Talk together describing these senses whilst you take time out of your day. Share your ideas with us on Twitter using #WellbeingWednesday</p>
<p>2. Theme: Friendship</p>	<p>As a family, listen to Where Did Everyone Go? By Iain S. Thomas. https://www.youtube.com/watch?v=hvfpzVv9tyo <u>Activity</u> Purple Mash - PSHE/Wellbeing Week 2 Activity 2 - Write about some of your friends that you are missing. Think about your friendship and their qualities. Use the 'Word Box' to help you.</p>