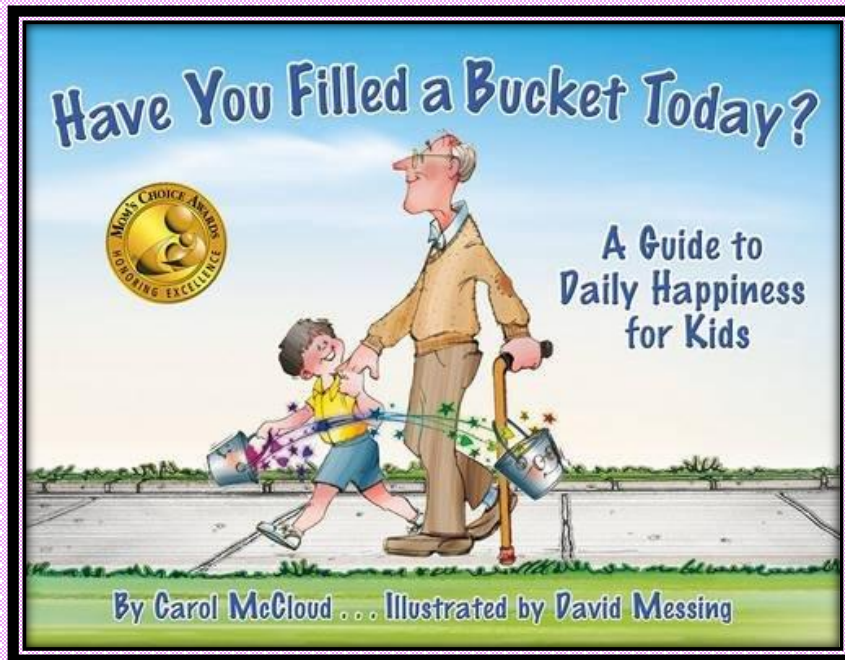


Year 1 English

Week 1



Year 1 English

Week 1

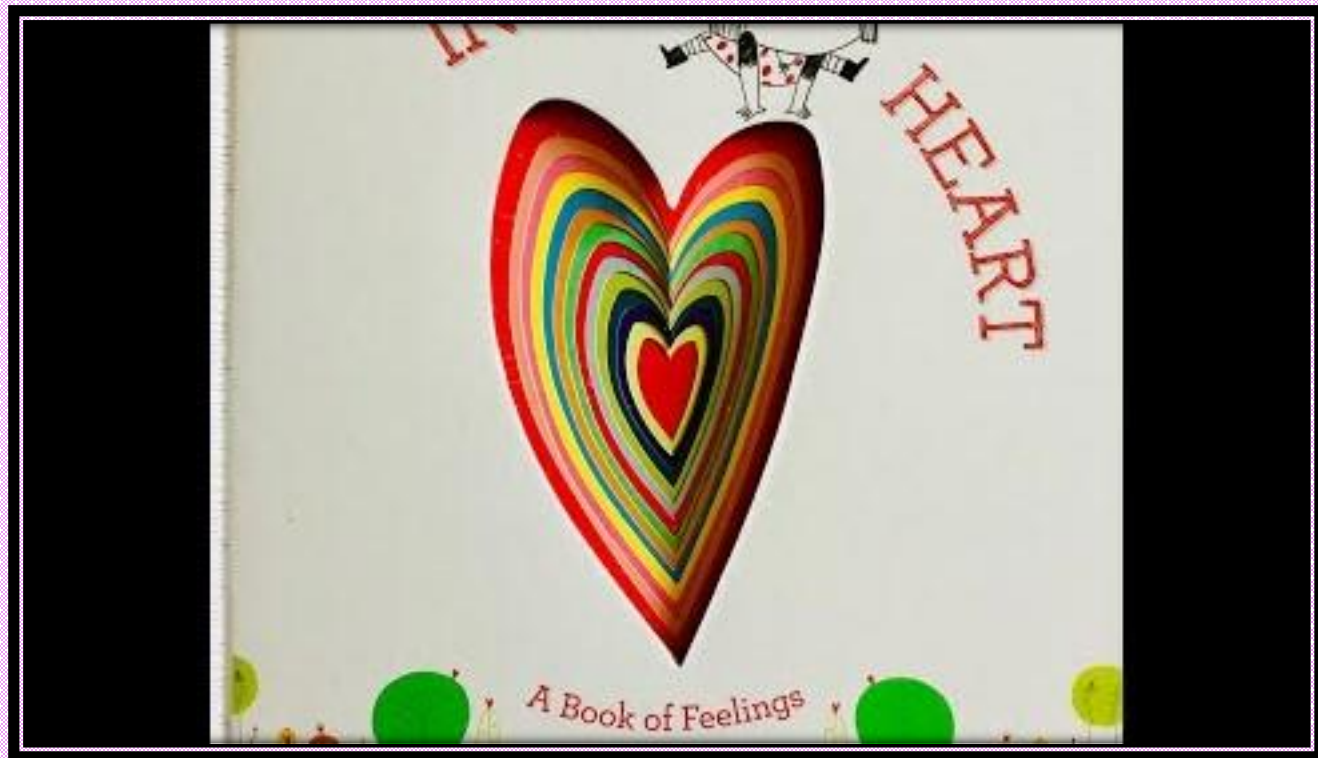
Learning overview:

- **Day 1-** To listen to a story and create a picture of myself describing how I am feeling.
- **Day 2-** To design and create my own bucket and write a list of ways I can be a bucket filler.
- **Day 3-** To write kindness postcards.
- **Day 4-** To go on a gratitude scavenger hunt.
- **Day 5-** To create a dream catcher to catch my happy thoughts and dreams. Or/ and a mindfulness calm down bottle.

Day 5

To create a dream catcher to catch my happy thoughts and dreams. Or/ and a mindfulness breathing tool.

**Let's think about our feelings!
Listen to one of my favourite
stories.**



We all have times where we feel happy, excited and grateful.

However, we also have times where we feel nervous, sad and worried.

It is okay to feel these emotions too, but we want to have some strategies to help us feel better when we do feel sad or worried.





Today we are going to be making some lovely things to help us when we are feeling sad, angry, worried or nervous.

You can make one, two or all three.
The choice is yours.

Dream catchers

You will need

- Sticks or
- Paper plate or
- Lolly sticks
- Wool or yarn
- Decorations
- glue

Paper Plate

Dream Catcher



Mindful breathing wand

- 1) Take a toilet paper or paper towel roll and cut off the top (about an inch thick) and set aside.
- 2) cut a straight line all the way up the remainder of the roll.
- 3) use this cut to tighten the roll to roll it thinner and tape on top and bottom to hold it in place.
- 4) allow child to decorate the roll with paint, markers, stickers, etc.
- 5) tape strands of thin light decorative ribbon or streamers along the inside of the small ring you cut off earlier.
- 6) tape the ring on top of the thinner roll to make the wand.
- 7) BREATHE and notice what you notice. 😊



Mindfulness calming bottle

You will need;

- A bottle/ jar
- Liquid glue
- Water
- Glitter

