

Year 2 English

Week 1

Learning Overview:

- **Day 1:** To draw a picture and write about how I am feeling
- **Day 2:** To make a list of dangerous items in the kitchen and write notes on how to keep the kitchen a safer place
- **Day 3:** To create a safety poster
- **Day 4:** To learn how to care for yourself and others
- **Day 5:** To practise acts of kindness

Day 1

LO: To draw a picture and write about how I am feeling

Day 1



How ya feelin'?

What did you do during
half term?

How did you feel?

How are you feeling
today?

Share your ideas with someone from home or write them down.

Day 1

GREEN ZONE



Happy



Calm



Ready to Learn



Focused

BLUE ZONE



Sad



Tired



Sick



Bored

YELLOW ZONE



Frustrated



Worried

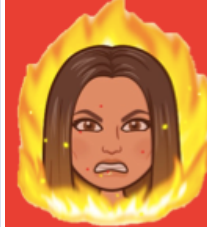


Silly



Excited

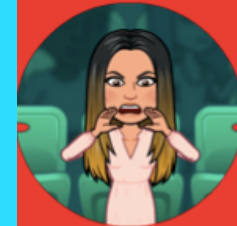
RED ZONE



Mad



Angry



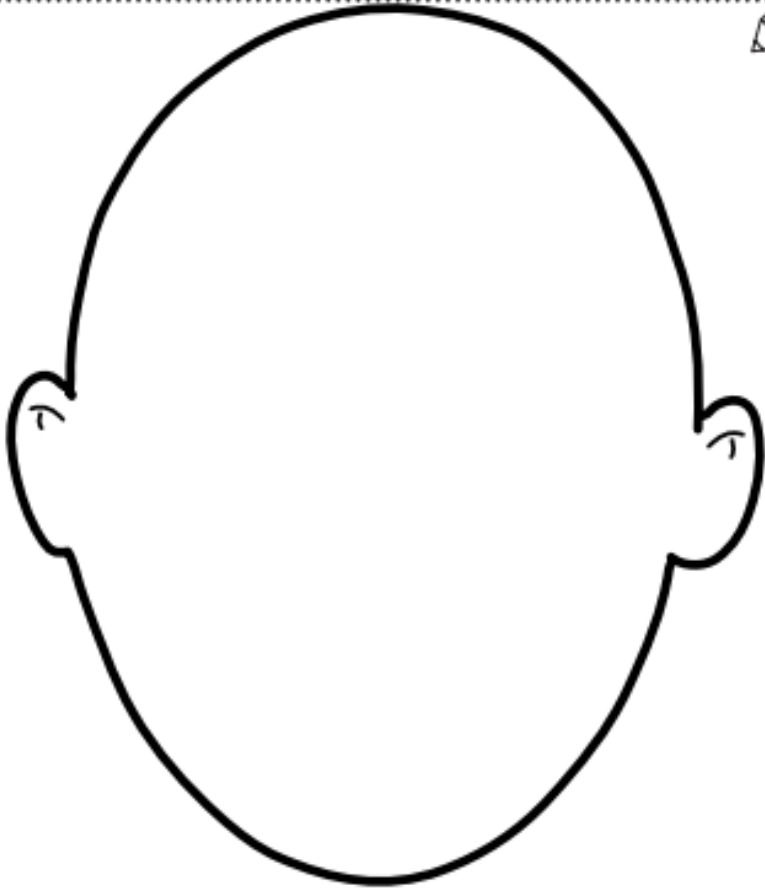
Yelling



Terrified


Here are some words to help you.

Day 1



I feel...

Because...



Mrs Nactivity
Let's make learning fun!
MrsNactivity.co.uk

You can download this template on our English page otherwise you can draw how you're feeling on a piece of paper.

Draw your face in the template. Write about how you are feeling today and why.

Day 2

LO: To make a list of dangerous items in the kitchen and write notes on how to keep the kitchen a safer place

Day 2

We are spending a lot more time inside our house so it is very important we understand how to keep ourselves safe. We are going to look around the kitchen. What dangers can you spot? Write a list of all the things you can see that is a safety hazard or could be harmful to others.

<https://firstaidchampions.redcross.org.uk/spot-the-danger/>



Day 2

Test your safety knowledge by taking this quiz.

The best way you can spot a danger is by 'looking' and which of these...?

- a) Feeling
- b) Talking
- c) Listening

Day 2

Why must you think about your safety when you help a person who is hurt?

- a) I could get hurt too
- b) They might not want help
- c) My clothes might get
dirty

Day 2

If you help at an accident, you should first check if the area is what?

- a. Quiet
- b. Safe
- c. Clean

Day 2

Which of these is a danger in a house?

- a) A cushion on a sofa
- b) A t-shirt in a cupboard
- c) A hot pan on a cooker

Day 2

If you see a pile of toys left on the stairs, what should you do?

- a) Play with them
- b) Safely move them
- c) Leave them



Day 2

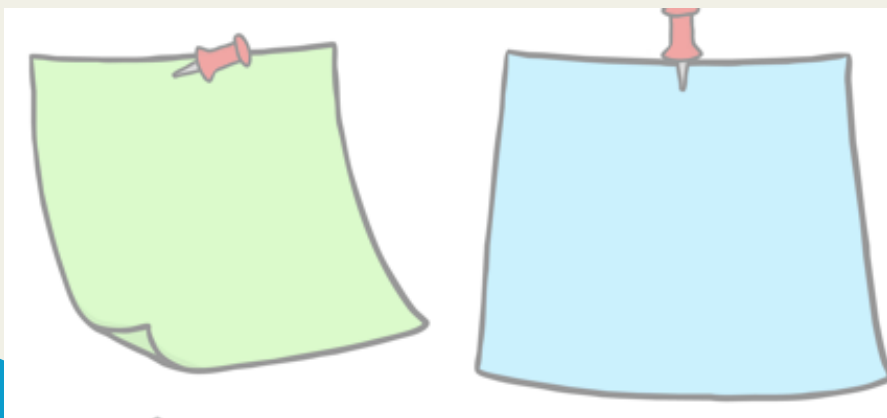
The correct answers are:

- The best way you can spot a danger is by looking and which of these...? **C) listening**
- Why must you think about your safety when you help a person who is hurt? **A) I could get hurt too**
- If you help at an accident, you should first check if the area is what? **B) safe**
- Which of these is a danger in a house? **C) a hot pan on a cooker**
- If you see a pile of toys left on the stairs, what should you do? **B) safely move them**

Day 2

Now think about what you, or a trusted adult, could do to make the kitchen safer.

Note your ideas down



- **Below is a list of the dangers in the 360 photo**
- **Toaster** - things that use electricity should not be near water as it could cause an electric shock. Bad electric shocks can cause burns or even make someone become unresponsive and stop breathing.
- **Hot pans** - on the cooker should always have their handles turned safely away from where they can be knocked. Hot pans can lead to bad burns
- **Liquitabs** - for washing clothes or dishes have very dangerous chemicals inside them. They are often brightly coloured, so they may look fun but they can cause burns or poisoning
- **Hot irons** - can cause burns. They are also very heavy and can cause bumps and bruises if they fall on someone
- **Wires/trips** - things lying on the floor like power cables could cause someone to trip over and fall. This could cause a nasty bump or even a broken bone.
- **Heavy objects that could fall** - heavy things close to the edge of surface could fall and cause bad bumps and bruises.
- **Knives** - should not be left out where young children could reach them. Accidents can lead to bad cuts and bleeding.
- **Cloths near hobs** - tea towels and other items near a hob can catch fire. Fires can cause damage and burns.

Day 3

LO: To create a safety poster for your home

Day 3

Let's get creative!

Create a safety poster for your home.

Look around your own home.

- > What dangers can you identify?
- > How can you and your family work together to make things safer?

Create a safety poster for your home

Think about some of the things in your home that might be dangerous.

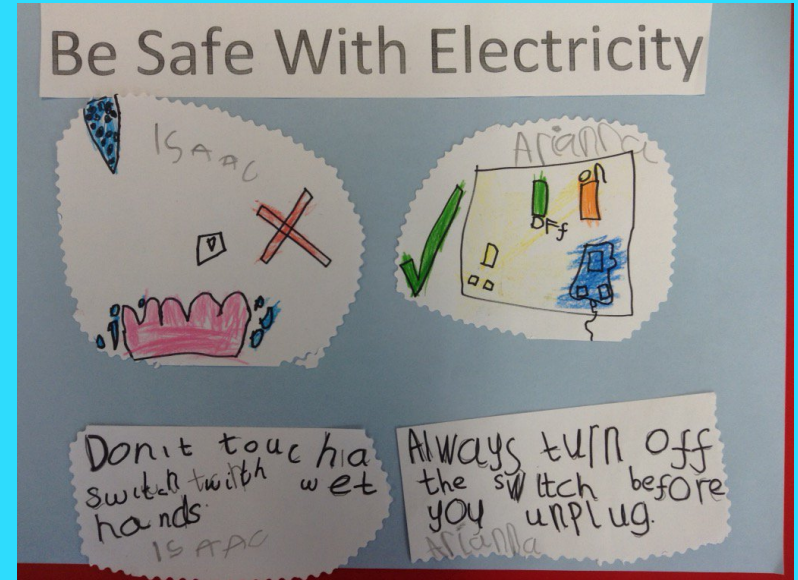
Imagine you are safety inspector and it is your job to tell your family how they can stay safe. Draw a safety poster highlighting the dangers and the steps to take to avoid the dangers.

E.g. Toys on the floor: people could trip or stand on them. Put all the toys away after you use them.



Day 3

Here are some examples people have made.



Health Child Care

Indoor Safety

Keep children safe from common hazards.

- 1** Poison, toxic things
- 2** Choking hazards
- 3** Hot things
- 4** Sharp things
- 5** Pinching hazards
- 6** Electrical shock hazards

Are you safe?

When is it important to wash your hands?

Is the kitchen, work surfaces and food equipment clean?

How should raw and cooked food be handled and stored?

How would you know how long these foods last?

How can you make sure that microbes do not multiply quickly?

Where should raw meat be kept in a fridge?

Where should these foods be stored?

What should you do before you cook?

Enjoy your food!

BRITISH Nutrition FOUNDATION

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Day 4

LO: To learn how to care for yourself and others

Day 4

Creating a calm plan.

- coping
Practise



Day 4

How can I feel
calm when
something
worries me?



Day 4

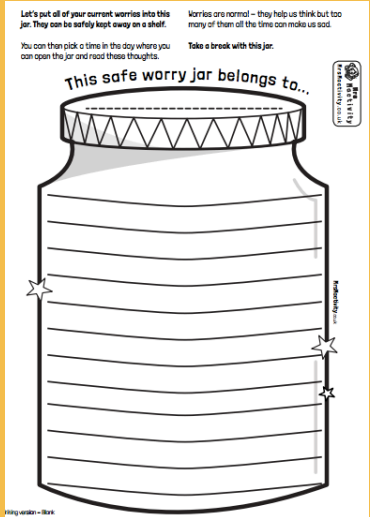
Think, pair, share

**What do you do if
your feeling
worried about
something?**

Day 4

Examples of calmness activities

mindfulness colouring



Make a calmness jar



This is a little calm down jar to help kids get control sometimes a brain full of whirling thoughts can cause your head to roll

When you're feeling all stressed out and can't compose your self give this jar a mighty shake then set it on the shelf

Sit quietly and watch the glitter dance and whirl and spin and as it settles to the bottom you'll feel a peace within

Be careful not to drop the jar it's glass will break and crack when you're calm and feeling fine please remember to put it back

www.quitepinteresting.blogspot.com

Yoga

CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



CALM DOWN YOGA FOR KIDS



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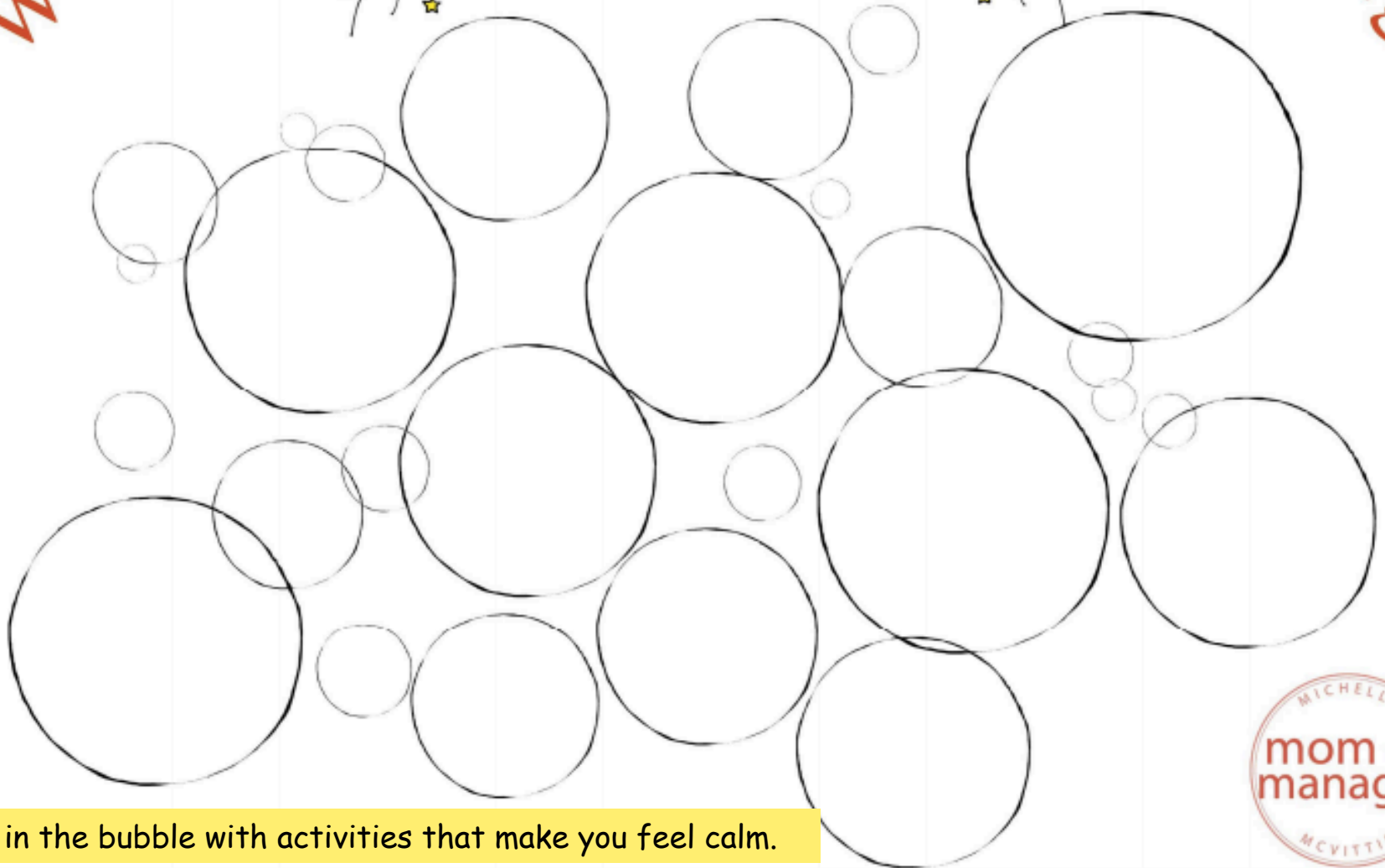
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Day 4

When my Emotions get too Big

When my feelings start to bubble up,
I can turn down my emotions.
This is what helps the most:



Fill in the bubble with activities that make you feel calm.



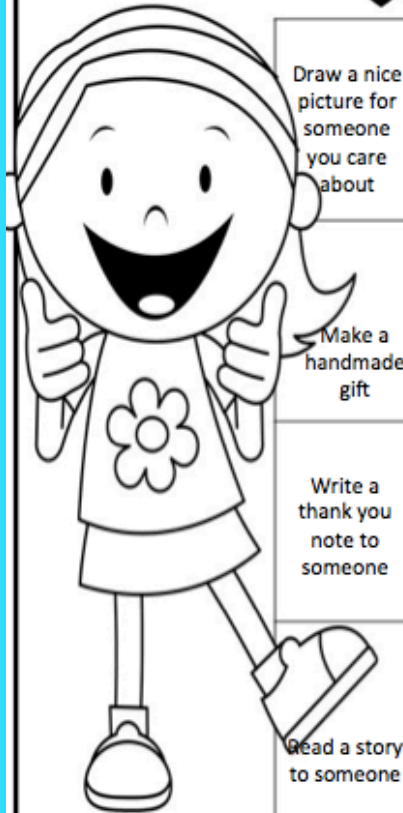
Day 5

- To practise acts of kindness

Day 5

28 Day KINDNESS CHALLENGE

♥ Color in each box as you complete each act of kindness. ♥



Draw a nice picture for someone you care about	Give someone a compliment	Give someone a flower	Make someone smile or laugh	Help out someone in your family	Pick up a piece of rubbish you see and put it in the bin	Gather up toys or donate
Make a handmade gift	Do something nice for someone	Give someone in your house a hug	Ask a family member how their day is going	Draw a nice picture for someone	Tell someone how much they mean to you	Help tidy up around the house
Write a thank you note to someone	Make someone breakfast	Choose your own act of kindness	Smile and hello to someone you walk past or see	Say thank you to someone	Do something nice for a family member	Use kind words
Read a story to someone	Hold the door for a family member	Smile at everyone you see	Help mum or dad in the kitchen.	Share your toys or take turns with others	Make a nice card for a friend	Write a thank you letter to someone you love

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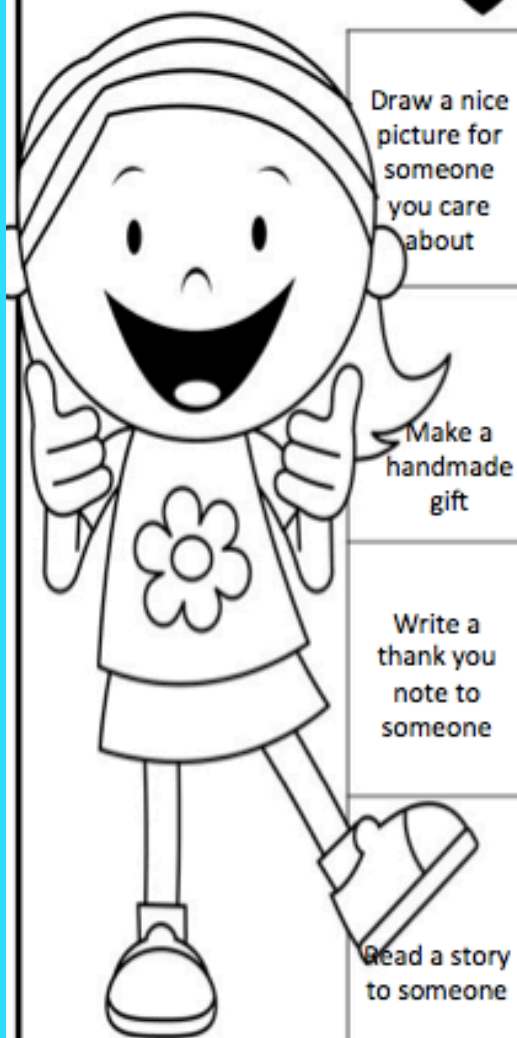
Help create a happier and kinder world by sharing an act of kindness each day. Choose one of the boxes to practise today or have a go at the 28 day kindness challenge.

You can download the template on our English homepage. Colour in each box as you complete each act of kindness.

Day 5

28 Day KINDNESS CHALLENGE

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Well done year 2.

Keep up the great work you are doing!

