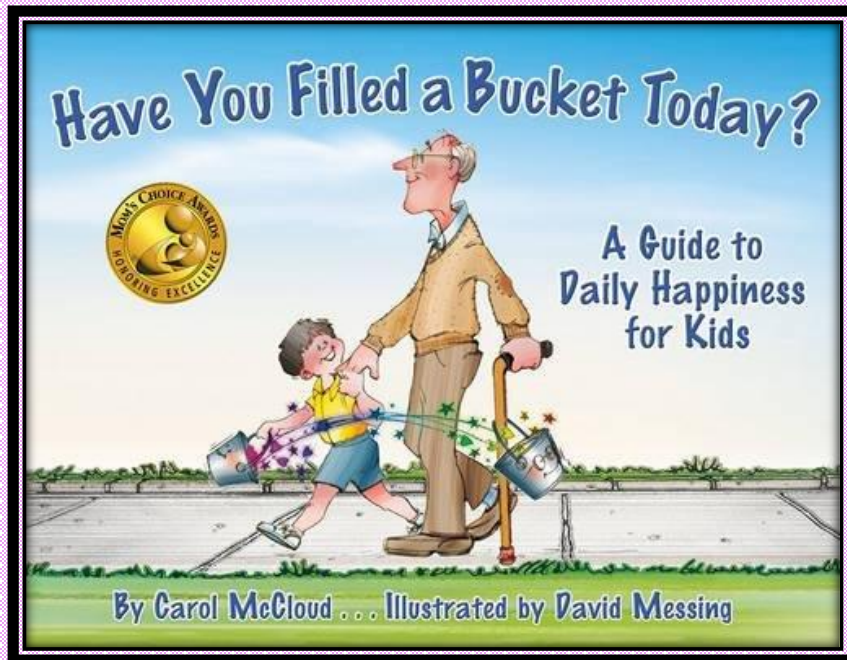


Year 1 English

Week 1



Year 1 English

Week 1

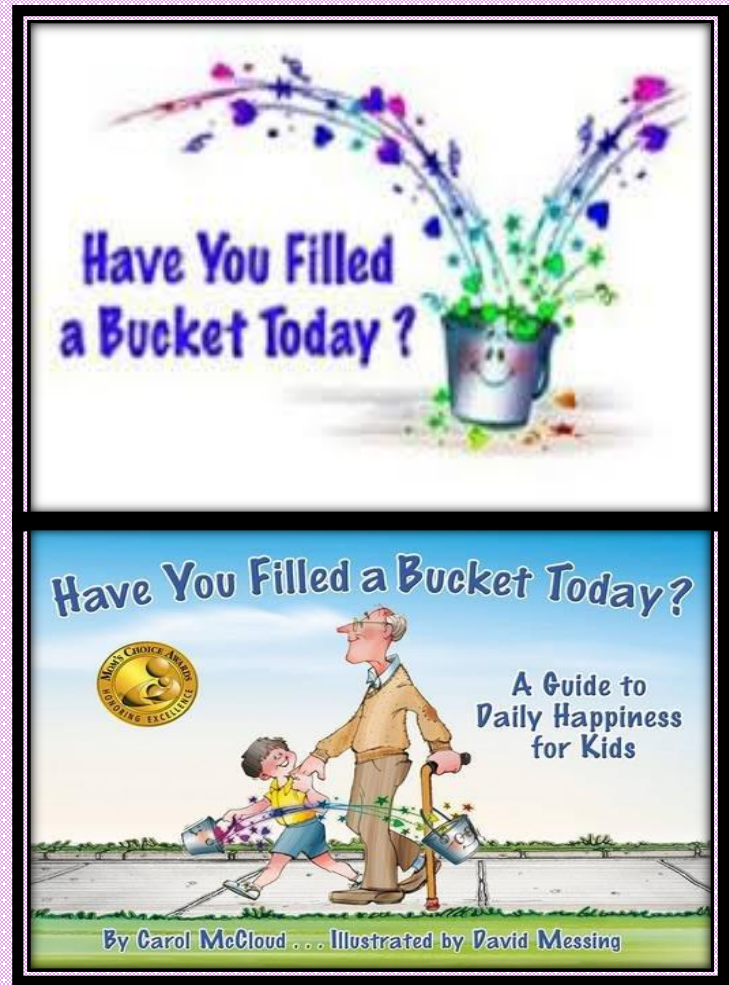
Learning overview:

- **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 1

To listen to the story 'Have you filled a bucket today?' Draw a picture of yourself describing how you are feeling.

Day 1



Listen to the story 'Have You Filled a Bucket Today?'

Draw or paint a self portrait.

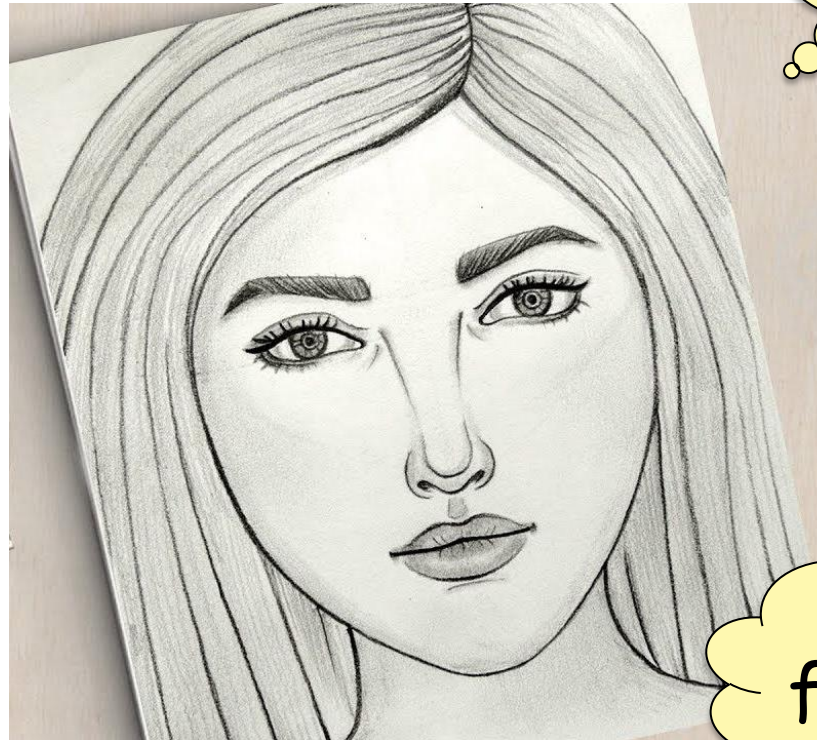
I used this video to help me with mine.



Write words to describe
how you are feeling.

excited

worried



Happy

frustrated

Write a sentence to describe how you are feeling.

Excited

Worried

Happy

Sad

loved

Frustrated

Nervous

Hopeful

I feel _____ and _____

because _____

Day 2

To design and create my own bucket and write a list of ways I can be a bucket filler.

Day 2

Listen to the story on YouTube



Listen to the story 'Have you filled a bucket today?'

Can you design a bucket?
Here are some ideas.



Draw a bucket

Can you design a bucket?
Here are some ideas.



Make a bucket



Can you design a bucket?
Here are some ideas.



Decorate a
bucket

Day 2

How can you fill someone bucket? Write a list of ways.

Have You Filled a Bucket Today?

Share

Smile

Listen

Help

Be Kind

Be Polite

Take Turns

Compliment

Include Others





Day 3

To write kindness postcards.

Day 3

Who could you write it to?

What could you say to them?



What could you thank them for?

What is something Kind you could say?

My Postcard to someone special

Dear Mum and Dad,
I wanted to send you a postcard to tell you how much I miss and love you. I hope you are safe and well in Australia and I can not wait to come and see you again.

Thank you for always looking after me so well when I was younger. If you need me to help you or listen to you please call me anytime. I am always here for you.



Lots of Love

Jessica



Day 4

To go on a gratitude scavenger hunt.



Day 4

What does gratitude mean?



Day 4

To be grateful

To say thankyou

Gratitude

To appreciate

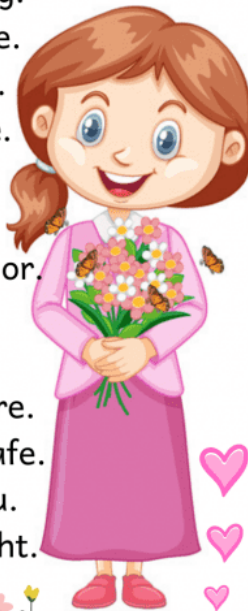
To be thankful

Gratitude

SCAVENGER HUNT

THE MUM EDUCATES

- ♥ Find something that is close to your heart.
- ♥ Find something you enjoy playing.
- ♥ Find something that keeps you healthy.
- ♥ Find something that brings back good memories.
- ♥ Find someone that makes you laugh.
- ♥ Find something that smells amazing.
- ♥ Find something that you are most grateful for.
- ♥ Find something that you enjoy eating.
- ♥ Find something that makes you smile.
- ♥ Find something that you love to hug.
- ♥ Find something that you like outside.
- ♥ Find someone who has helped you.
- ♥ Find someone you love to talk.
- ♥ Find something of your favourite color.
- ♥ Find something that is useful.
- ♥ Find someone you are thankful to.
- ♥ Find something that you love to share.
- ♥ Find someone who makes you feel safe.
- ♥ Find someone who did good with you.
- ♥ Find something you like doing at night.



Go on a gratitude scavenger hunt.

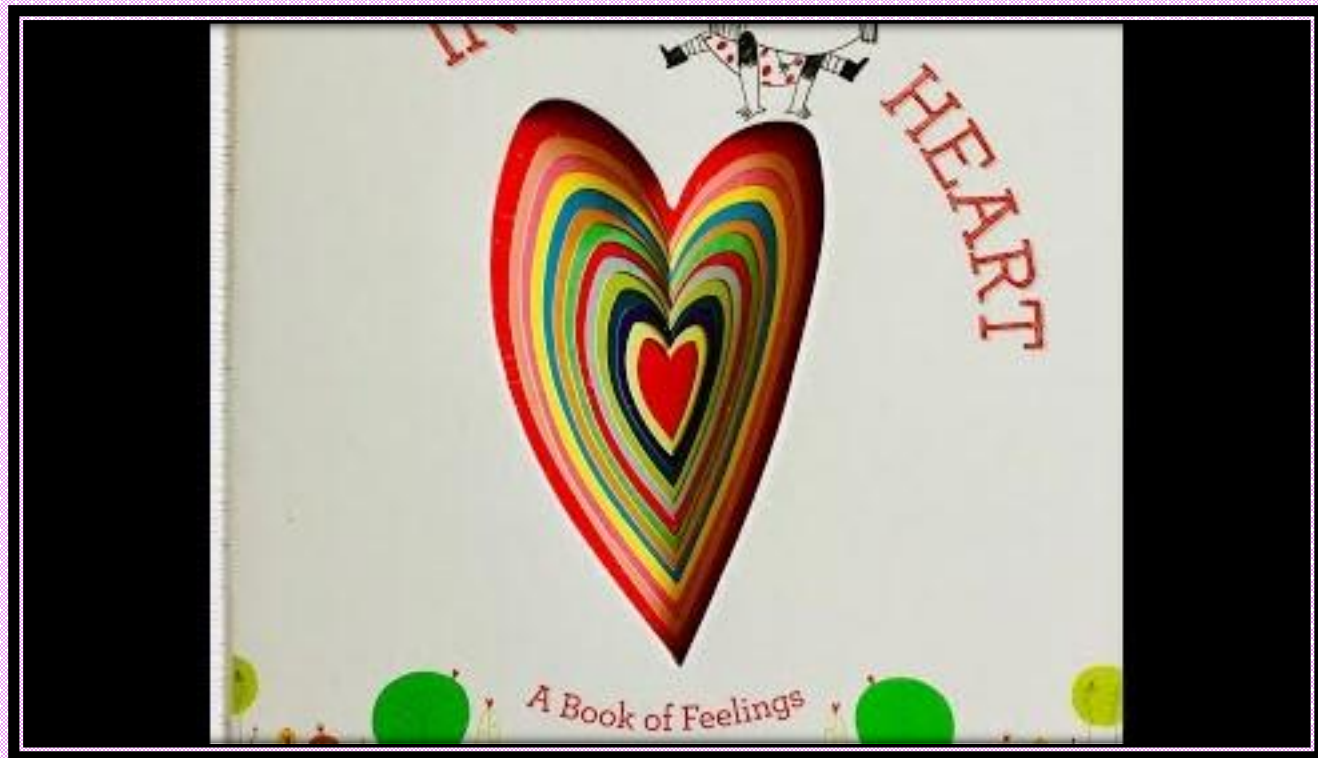
Can you find or think of at least 1 thing for each on the poster?

You can write a list of things you are grateful for.

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

