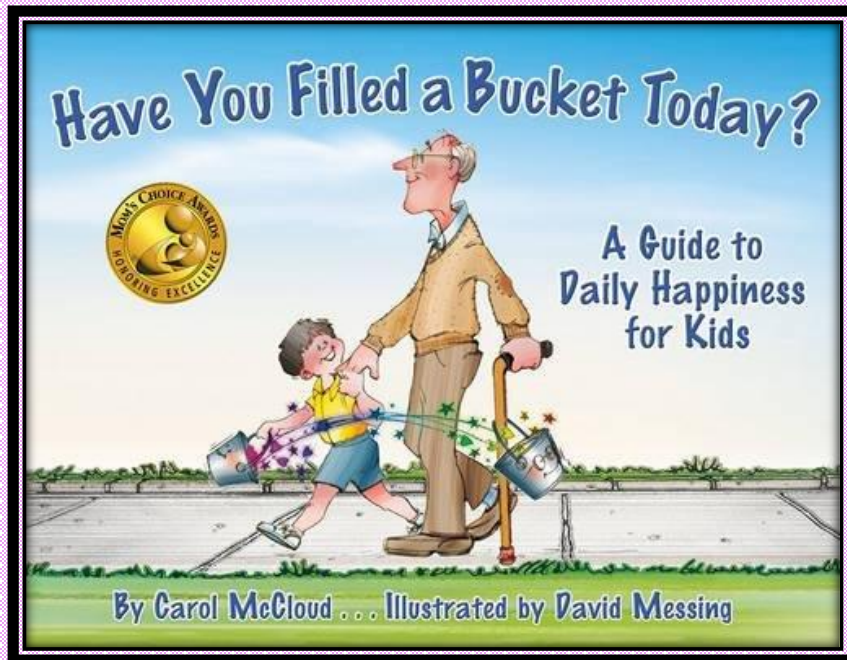


Year 1 English

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 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

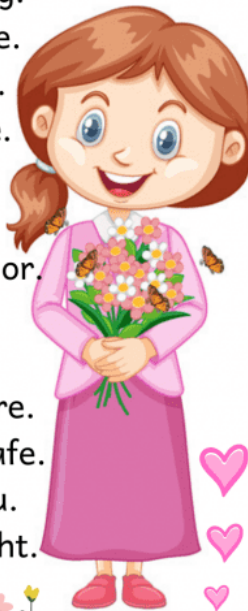
To be thankful

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.