

# Year 1 Take Your Pick Summer PD Challenges

## PD ~ Keep Safe, Give Thanks and Stay Positive

How do we feel about what is going on in our world today?

Listen together 'Three by the Sea' by Mini Grey and use this to talk about how Covid 19 changed so much of our 'normal'.

<https://www.youtube.com/watch?v=KdCazdfk8Lc>

Show the children the story 'Hope the Rainbow Fairy' using [https://www.hopetherainbowfairy.com/storytime\\_videos/hannah-hope/](https://www.hopetherainbowfairy.com/storytime_videos/hannah-hope/).

How did Hope feel? What did she want to happen and why?

What couldn't she do? What did she do instead?

Talk together about how you are all feeling. Explain that everyone's lockdown experience will be different and that for each of us there will be positives and negatives. Write a list together and as you do explain that it is good to talk about your feelings.

Bubbles of Gratitude

Mindfulness Colouring

Spend some quiet time colouring together. Colouring is an activity that sparks the logical and creative aspects of the brain into action. If you think of colouring like a mental exercise, then you're keeping your brain active, healthy and improving coordination.

When colouring, the brain remains in control of its thoughts and employs both sides of the cerebral cortex helping you relax, keep them calm & focus.

Give it a go!

What am I worried about?

What does it mean to worry? What does your body feel like when you are worried? Talk together about these questions and discuss together the effects of worry on both our mental health and our physical health. Write a list together or label these on a human body. For example, we look like this when we worry. We might not sleep as well etc. Explore the theme of worry through:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-worried/zb6ngwx>

What have been your worries during lockdown? What are your worries now? What can we do about these worries? Talk together about worries and help them to realise that everyone worries-even the adults! Talk through a number of these worries and come up with coping mechanisms to help get through these.

Talk about things you were perhaps worried about in the past but that aren't a worry any more.

**FEELING CREATIVE: Design and make or draw a worry jar or worry box together.**



Stay Positive:

REFLECTION

Use the 'My Week' sheet below or create something similar of your own, to think about your feelings and your achievements.

Looking Forward – Be Inspired

Perhaps now is the perfect time to think about people who inspire us.

Find out why the nation has been clapping for the NHS and why Keyworkers are so important at this time. Find out together what the different types of key workers are and what their jobs involve. Think about why they are so important and so special. Take inspiration from this and write about what you would like to be when you grow up and why. Why not draw a picture too!

Purple Mash 2do: PD My Ambition



What am I thankful for?

What does it mean to be thankful? What does your body feel like when you are thankful? Talk together about these questions and discuss together the effects of being thankful on both our mental health and our physical health. Write a list together or label these on a human body. For example, we look like this when we are grateful. We might smile and want to say thank you in a special way. Compare this to how we feel when we are worried.

What have been your thankful for during lockdown? What are you thankful for now? What can we do about these things and are there any ways we can pass on our thanks?

Talk together about what you are truly thankful for and make and keep a list to keep. Why is it important that we remember what we are thankful for, especially when things are hard?

Now - write a thank-you letter or design a certificate or an award to give to a keyworker.

Purple Mash 2Do:PD Give a certificate of your own

Stay Safe

Learn about how you keep safe at home.

Talk together about the things at home that might be dangerous and how parents keep their children safe. This may include (but I bet you will find loads more): keeping medicines and cleaning liquids out of reach, having rules about not touching wires/plugs/kettles/irons, putting sun hats/sun glasses and sun cream on, having rules about using the internet safely, only watching films/playing video games that are U or PG, drinking plenty of water/eating healthily/ exercising/ washing/ brushing your teeth and of course - washing your hands! Design a poster or a leaflet to show other children one or more aspect of how to keep safe.

Purple Mash 2Do:PD Keeping Safe

Don't forget Cosmic Yoga <https://www.cosmickids.com/> <https://www.cosmickids.com/category/watch/>

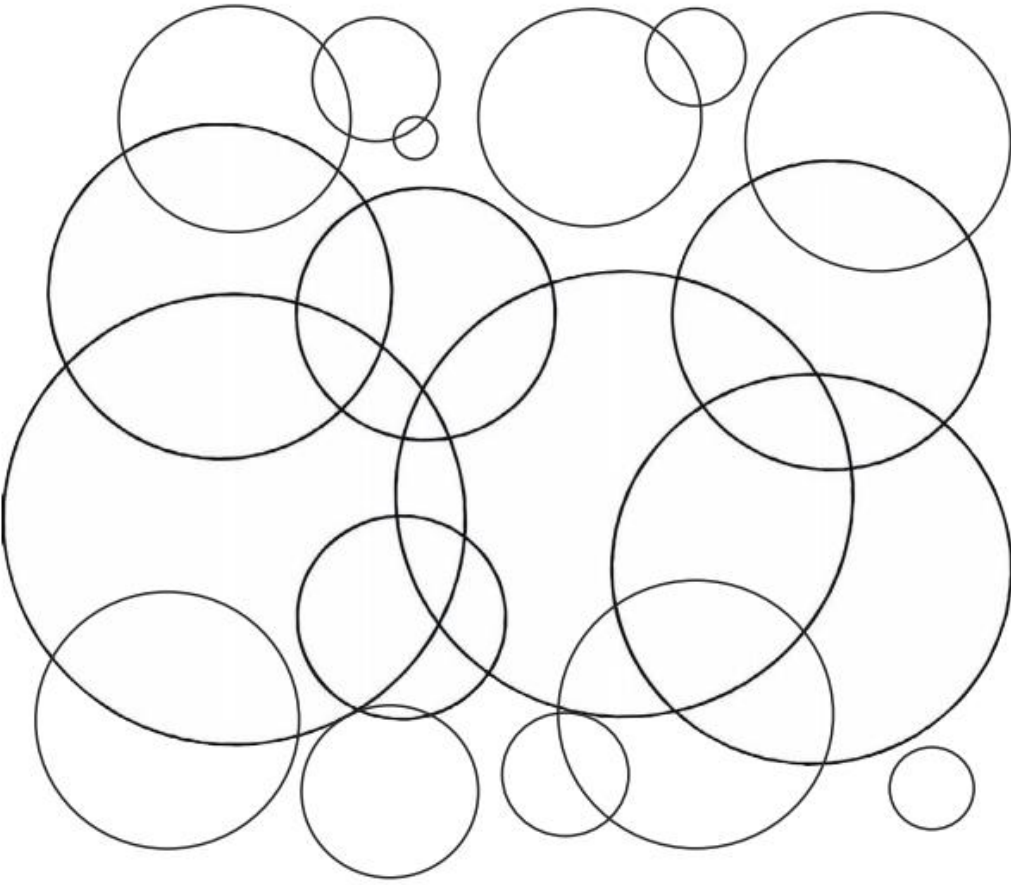
PE with Joe Wicks (You Tube)

Look on the PE, Art and Technology Challenger for more to do.

# Bubbles of Gratitude

## Mindfulness Colouring

These are bubbles of gratitude! As you colour each bubble, think of something that you are grateful for. It could be something big or something very small, something that you experience often or something that has just happened once. Thinking of these things helps make us feel calm and happy.



## My Week

Date: \_\_\_\_\_

How I felt this week: \_\_\_\_\_

What I did this week: \_\_\_\_\_

Three things I learnt this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I was helpful or kind this week because: \_\_\_\_\_

Add a photo or picture here: \_\_\_\_\_