Brentfield Primary School

Children of Today, Champions for Tomorrow

PSHE

Year 1

Monday 29th June 2020

Raindrops:

Use your fingers to gently tap on your head and face and neck a little bit like raindrops, then move on to patting your shoulders and each arm, then down your tummy and down each leg and foot and then back up to end by tapping your head with all your fingers like little raindrops. Repeat this a couple of times.

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Tuesday 30th June 2020

Complete the emotive statements

I feel happy when...

I like it when...

I feel scared when...

I get angry when...

I get sad when...

When I am angry I...

When I am sad I....

I miss...

I wish...

Something I enjoyed about lockdown...

Something I didn't enjoy about lockdown...

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Wednesday 1st July 2020

Worry box

Choose a worry from the box and talk about it.

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Year 1

Thursday 2nd July 2020

Draw your own monster

How is it feeling? What would make it feel even better or happy?