

English-Year1- Monday 1st June-Friday 5th June

PSHE FOCUS- this week will be an emotional week for many of us. Some children will be going back to school and others may not. This can stir up a range of emotions, so regardless of whether your child is at school or at home we will be having a Personal, Social, Health and Emotional focus to our English work this week.

Monday- recognising emotions

Discuss with your child a range of different emotions- How many can they name?

Here are a few which might encourage discussion. Please do not do all of them just pick a range.



For each emotion they name get them to think of a time where they have felt that emotion. In school we are going to make a question box so that children with any questions can post them in and we can address them. This is something you could do at home if you feel your child may prefer to write it down than say it.



Tuesday-Autobiography

Write an autobiography- Discuss what an autobiography is- when we write about ourselves.

You might want to write about yourself to give your child an example of what to include.

What might we include? Make a list. Include reminder about capital letters, full stops etc...

When completed draw a picture of yourself underneath.

Wednesday



Positive Hands

Talk with your child about how it is normal to feel sad, worried, scared etc.. when we feel these emotions a good way to help us is to think about the things that make us happy. Draw around your hand and give each finger a sense. In each finger write one or two things to do with that sense that makes us feel happy. You may want to do one first to demonstrate to them and to give them ideas. What do we see that makes us feel happy? What do we hear that makes us happy? And so on.. Whenever we feel any negative emotions we can just look at our hands. Display them where they can be seen when completed.

Thursday-Time Capsule

Discuss with the children some of the things they recall doing while they have not been at school. This can be any kind of memory happy or sad. They do not have to share if they do not want to.

We are going to make a time capsule. This could include some of the work they have been doing at home, photos, drawings etc... if you are planning on burying it a stainless steel tin is the best or maybe you could use a plastic bottle. Put them together and decide on a place to keep it.



Friday-

The children may be missing friends/teachers from school. Look at how to write a letter. What do we need? How do we set it out? What might we want to say to them?

After they have written their letter take a photo and send it to:

Year1harris@gmail.com I can print it off and give to the child/teacher if in school. If not in school I can forward a photo by email to them.