

## Year Five Homework

**Week Beginning: Half Term**

**Theme: Your well-being**

### **Your journal**

Hopefully you have been writing in your journal that was sent to you. Journalling is a really good way of recognising and releasing your feelings, however you can also set good intentions with them. Over half term, we would like you to start the day by writing in your journal:

**My mood at the beginning of the day:**

1 2 3 4 5 6 7 8 9 10

**A positive affirmation I am going to repeat to myself today:**

(For example, Today is going to be a good day. I am in charge of how I feel. I choose to be happy. I am grateful for a new day.)

**Something I plan to do that includes kindness:**

**Something I plan to do that includes movement:**

**Something I plan to do that includes stillness:**

(For example, listen to nature, focus on your breathing, listen to a podcast, read a book, mindfulness activity)

**My mood at the end of the day:**

1 2 3 4 5 6 7 8 9 10

**The best thing about today was:**

Over the past few months, life has changed a lot. This has probably made you feel many different emotions – maybe you have felt worried, upset, excited, grateful, wobbly, angry or confused? Sometimes you may have felt all of them in one day! At Laurance Haines, we really care about your mental health and wellbeing. That's why, this half term break, we are setting you some tasks that you and your family may want to do focused on this subject.

### **P4C question:**

Which, if either, is more important...  
Your physical health or your mental health? Use 'because' in your answer.

### **Random acts of kindness**

Shh! Could you do some random acts of kindness for people in your house or local area? It could be as small as a smile to a passer-by. Notice how it makes you feel.

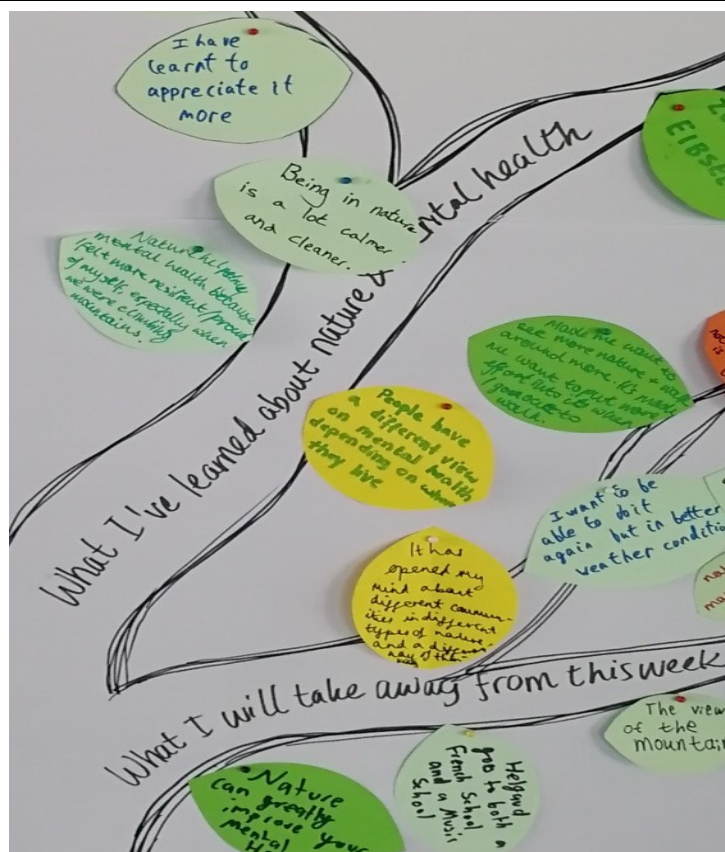
### **Fruity Fables**

Eating healthily can impact upon your mental health too! Ask your adult if you can prepare a special lunch. Use some of the fruit and vegetables you have to create some characters. These could be characters from a book, superheroes, animals or from a TV programme. Use a chopping board and your adult's help to shape and cut your fruit and vegetables. Share your meal with your family; telling a story about the characters as you eat. What big adventures have your characters been on?



### **Mindfulness**

Imagine a bright blue sky. Feel the peace it brings to you. The sky is you. A cloud passes through the sky; it is a worry cloud. It may be a niggling, small worry, it may be a whirling, terrifying worry. This cloud is a feeling which will pass – it will travel through the sky and disappear, it doesn't mean that the sky is now worried, it means that it is a feeling that will pass. Watch as the cloud disappears and remember you are that bright, clear sky. Other clouds may appear, but they too will pass.



### Nature and mental health

Being outside can really affect our mental health. Take a walk with your family and notice how it affects you – how were you feeling beforehand? How do you feel after your walk? What did you notice during your walk? You could map your ideas similar to in this picture.

### Our 5 ways to wellbeing

At school, we use our badges to focus us on the different aspects of wellbeing:

- Take notice
- Positive attitudes and effort
- Being active
- Making connections
- Giving

Look out for actions at home that you could award someone a badge for (including yourself!)

### Find your brave

Sometimes in life, we experience situations where we have to show bravery. Watch the following Harry Potter clips:

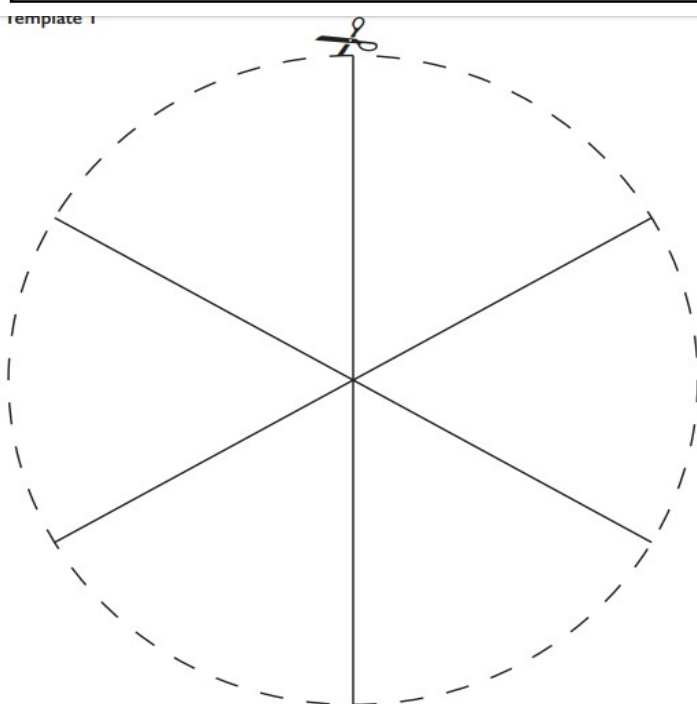
<https://www.youtube.com/watch?v=AkqzW0JePyU>  
<https://www.youtube.com/watch?v=0FvnjSt7Scs>

What was brave about what Harry was doing? How do you think he felt when he needed to be brave? What have you done in your life that is brave? Is it brave to ask for help if you need it and why?

### How are you feeling?

Recognising and understanding how you're feeling is a good way to maintain mental health and to enable you to discuss situations and emotions. Use the Emotion Wheel template below to make your own. This link will help you:

[https://assets.worldvision.org.uk/files/9815/8642/3687/Emotion\\_Wheel\\_childrens\\_activity\\_set.pdf?\\_ga=2.189981666.818724704.1590062092-291393892.1590062092](https://assets.worldvision.org.uk/files/9815/8642/3687/Emotion_Wheel_childrens_activity_set.pdf?_ga=2.189981666.818724704.1590062092-291393892.1590062092)



We are really looking forward to hearing from you over half term. Please send one of us (or all of us!) an email or tweet, even if it is just to say hello! We miss you and can't wait to see you once it is safe to do so.

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