

## Weekly Learning for Year 6

### May Half Term: Thinking about Wellbeing

#### Wellbeing

Thinking about your wellbeing is more important now, during lockdown, than ever before – it's as important as getting your daily exercise. As it is half term, we have put together a holiday pack to help you think about your wellbeing. Try some or all of the activities – and remember to share them around your family as well! Don't forget you can still use the blog to chat with your friends and your teachers as well and keep in touch via email or twitter with us!

#### What makes you unique and special?

Spend some time thinking about what makes you unique and special – what you enjoy, what you are good at, and your character strengths (e.g. caring, brave, creative).

- Think of ways you are similar to someone else in your team
- Think of ways you are different from other people in your team

You could share these on the blog. For example, "Just like Mrs Jessa I love baking, and we are both good listeners but she likes gardening where as I prefer reading"

#### How can I spread a little sprinkle of kindness?

Being kind and helpful to others makes us and those around us smile and has been scientifically proven to trigger feelings of pleasure in the brain.

Many people have been being kind to their friends, family and neighbours during lockdown. If you have seen anyone being kind, share it on the blog! This could be someone smiling at another person, saying hello, receiving a card, or a call or email. Share what you have seen with us– we would love to hear about this.

You might also want to compete a 'random act of kindness' again everyday this half term. It can be very small – for example, helping to wash or dry the dishes after dinner without being asked, or making everyone's beds in the morning. Try to stay anonymous if you can (don't let the person find out it was you who did it!).

Then, think about how does it make you feel afterwards? How did it make the other person feel? It has been proven that helping others makes us feel good about ourselves.

#### Keeping connected:

During this time, it is crucial that we all support each other. Remember, your teachers are here to support you and are at the end of an email. Also, remember that your friends may all be feeling the same things as you. Use our class blogs, emails and twitter to stay in touch with us!

#### Email Addresses

[sayyedamaryamgangji@lhaines.herts.sch.uk](mailto:sayyedamaryamgangji@lhaines.herts.sch.uk)  
[bushrahaider@lhaines.herts.sch.uk](mailto:bushrahaider@lhaines.herts.sch.uk)  
[carolinesimmons@lhaines.herts.sch.uk](mailto:carolinesimmons@lhaines.herts.sch.uk)  
[rachaelmartin@lhaines.herts.sch.uk](mailto:rachaelmartin@lhaines.herts.sch.uk)  
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#### Twitter:

@MrsJessa1 @haider\_miss MsSimmons@Lhaines

#### How can I think positively?

Life is a series of ups and downs, and right now it might feel like more downs than ups. However, even now we can find some tiny, magnificent joys and almost unreasonably comforting comforts. Warm toast. Hot baths. Sunshine. Apple crumble. Lie ins. The sound of your friends seeing your face (and crazy virtual background) on a video call.

It's easy to miss all these things, but scientists have shown that keeping track of all the good things that happen to us helps us when we're feeling low or stressed.

Every night this week, before you go to sleep, we would like you to write down a 'gratitude list'. This is a list of all the positive things that have happened to you that day. You can keep it private, just for you, and watch how it makes you feel when you read it back to yourself. Do you find you notice more and more things to be grateful for each day?

#### How can I keep active at home?

We appreciate that many of you are staying at home, and so to stay active have a go at some of these fantastic exercises. You can try these inside or outside of the home. Keeping active has a great impact on our mental health because exercising releases hormones (chemicals in your body) which create a feeling of calm and happiness.

You could try any of the workouts we have shared so far, including Jo Wicks at 9am (<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>)

## What can I do during the half term to keep myself busy?

### This half term – GET CREATIVE!

Use this week to be creative, as this is a great way to be mindful – it calms your thoughts and helps you to relax and focus. You can be creative in so many ways – take a look at all of these suggestions.

### How can I ensure that I sleep well?

When you've not had a good night's sleep, how do you feel? Sad? Grumpy? Tired? Does it affect how you are with your family and friends? Sleep is so important for our mental well-being – it gives your body and mind a chance to have a well-needed rest.

Spend this week working out the best ways to get a good night's sleep. You could try:

- Do something relaxing before bed (e.g. drink hot chocolate, have a bath, read/listen to a story)
- Don't do exciting things before bed like playing computer games or watching TV
- Keep the bed tidy – make sure any books and toys aren't stopping you being comfy, (though a soft toy is sometimes nice to cuddle!)
- Listening to some relaxing audio clips such as:  
Rain: [tinyurl.com/y9yqbvo9](https://tinyurl.com/y9yqbvo9)  
Bird song: [tinyurl.com/y97fh9fv](https://tinyurl.com/y97fh9fv)
- Closing your eyes and focusing on your breathing. Try counting in for 4 counts, and out for 8.

For fun, we have attached some 'sleep mazes' which you could print and use. Can you get from the arrow to bed whilst avoiding all the sleep distractions?

### Reminder: Community Collage

As part of a whole school project, we would like to ask you to draw and colour a picture of yourself with your arms outstretched (scroll down for some examples). Try to do this on an A4 piece of a paper. This is because we would like to create a whole school project to show how we are all connected, despite this difficult time. Take a picture of your drawing and email this to your teachers. We would like everyone to do this, so at school we create one big collage where everyone is holding hands together. So, start drawing and emailing those pictures in!

**Poetry/Rap** – Try writing your own poetry or rap. This is an exciting way to use your writing and reading skills. Look here for help on different poetry styles on here: <https://www.bbc.co.uk/bitesize/topics/z4mmn39>

### How can I take a moment to relax?

Taking a moment to be calm and happy in a busy, stressful day can help us to feel settled and happy. Find a comfortable position, either sitting or lying down. If you want to, close your eyes. Take a few deep breaths, in and out and feel yourself start to relax. Now, squeeze your muscles as tightly as you can. Hold the squeeze for a count of three. Then, flop and relax your muscles for a count of three. Repeat this between five and ten times. Afterwards, draw or write how you feel after squeezing and flopping.

### Sporty Tricks

We know that lots of the Y6's love sports. So, why not use this time to develop or practice a new skill? This could be a football trick or a completely new sporting skill. Try it alone, or with another family member – share your new skills with us via email and twitter!

### Journal Writing

Don't forget to use your journals to write in. Writing down your thoughts and feelings can give you more control over them and is a great way to manage your emotions. If you are stuck for what to write about, we have attached some prompts that might get you going.

### Singing/Dancing

Lift your spirits with a bit of George Ezra! You'll probably need to sing it an octave higher. [https://youtu.be/v\\_B3qkp4nO4](https://youtu.be/v_B3qkp4nO4). Or why not learn a new song or some dance moves, you could try this with your family, and if you feel brave enough send in your video via email, and we can have a look too! We know there are many budding singers and dancers among you, now is the time to showcase your talents. Have a go at this street dance routine and have some fun with it! <https://youtu.be/FHo9Oa1DvI>

**Mindfulness colouring** – we have attached some sheets for you to colour. Take some time to colour in and think about how far you come in your Y6 journey.

**Drawing** – Rob Biddulph, the children's author and illustrator has some online lessons of how to draw here: <http://www.robiddulph.com/draw-with-rob>. Try these and send in your drawings to us – we would love to see them!

**Sculpture** – we have attached a recipe to make some homemade salt dough which you could try to get creative and make some sculptures. You could make animals, keyrings, buildings, letters, food items...use your imaginations! If you do get creative, then send in your pictures to us via email or twitter – we'd love to see them!

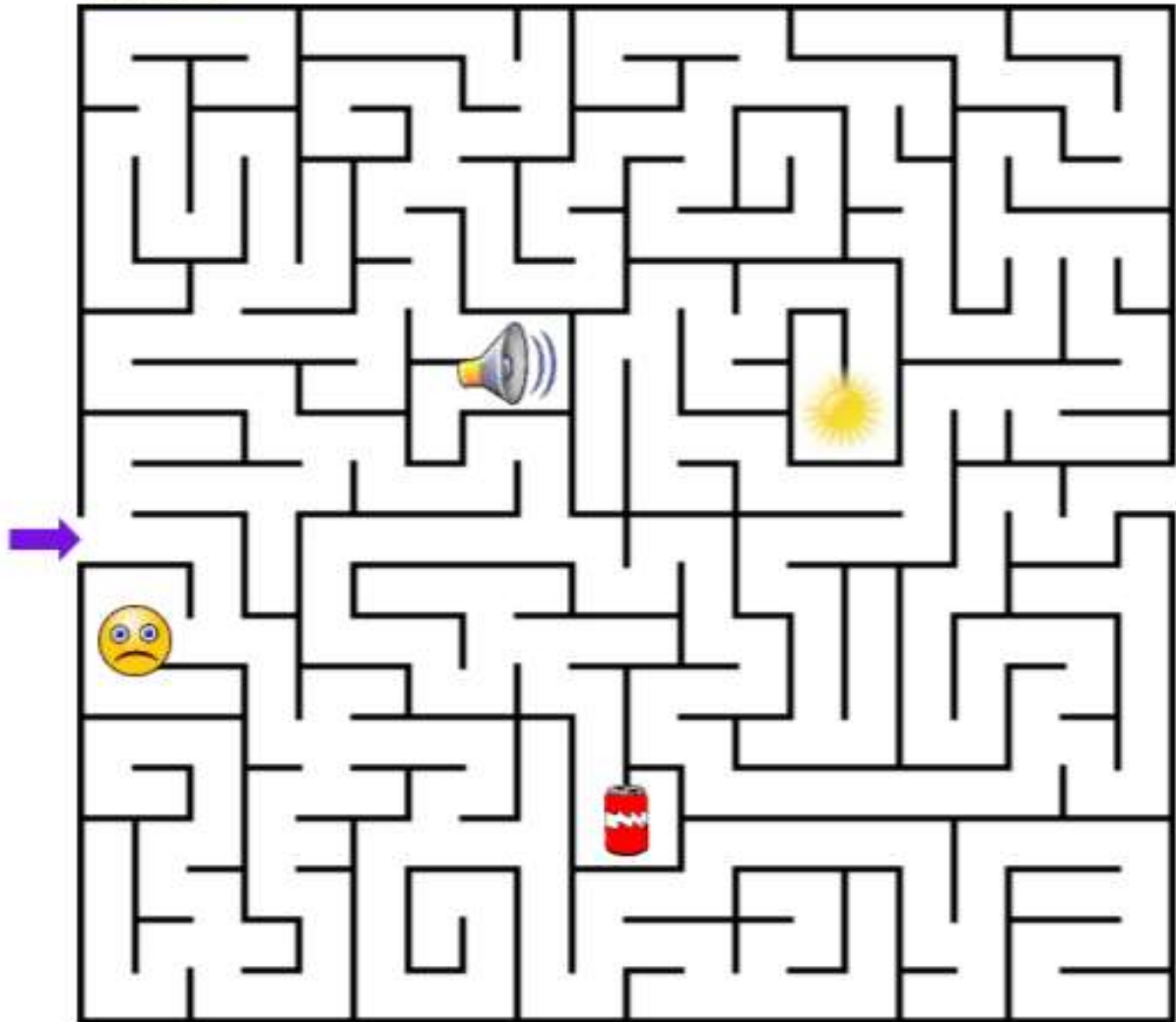
## My Lockdown Essentials



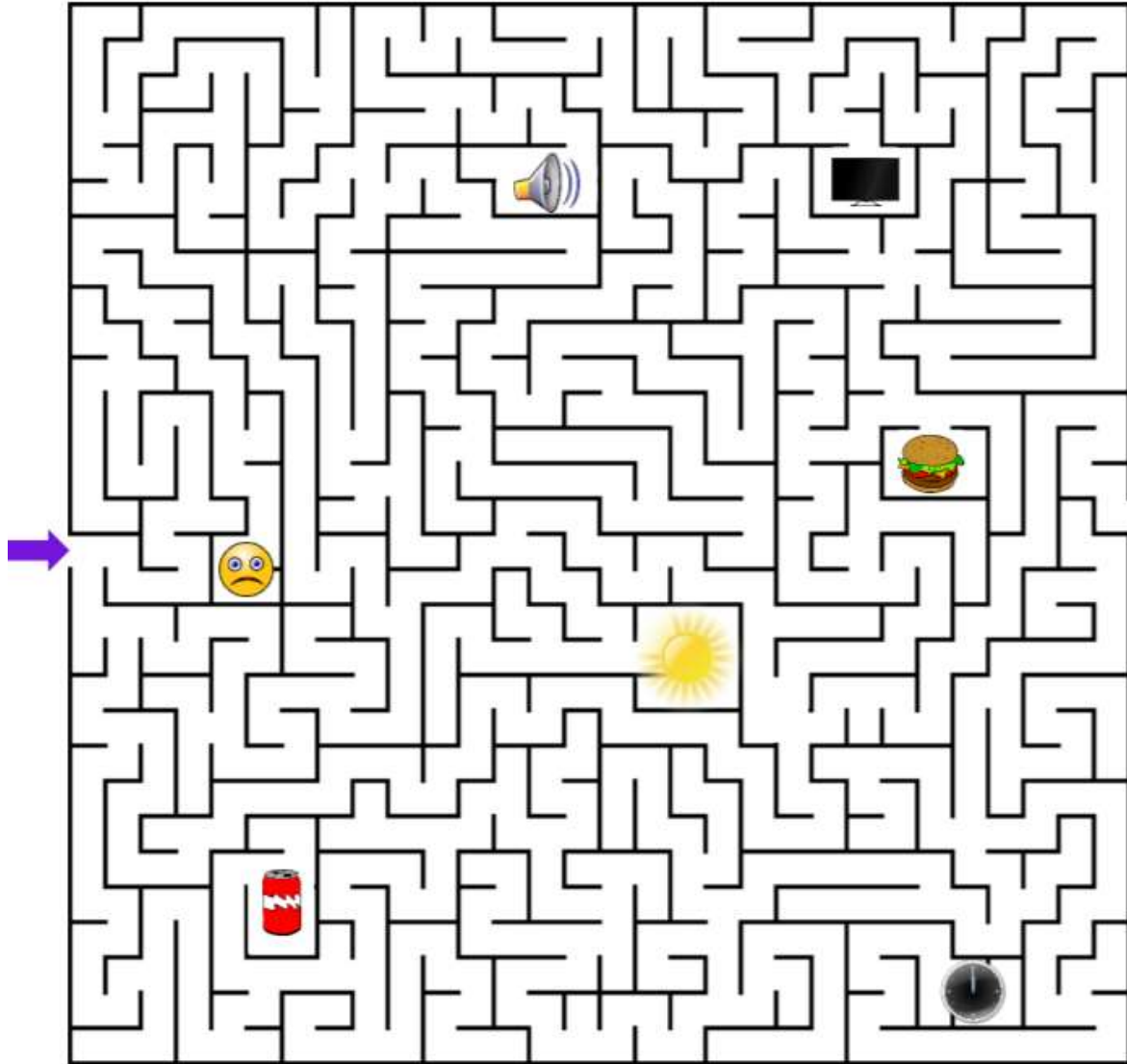
## Sleep mazes

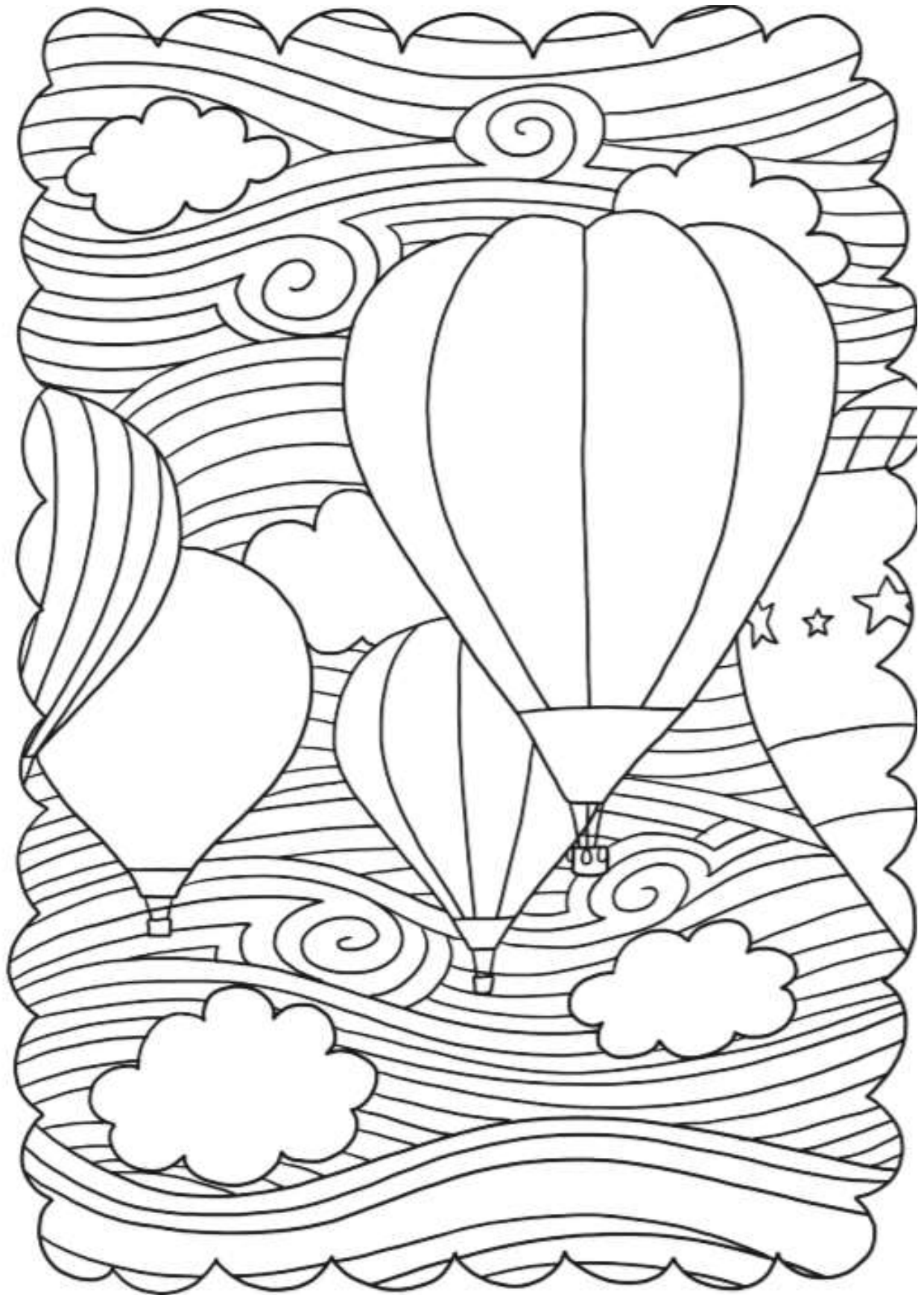
**Avoid all the bad habits and find your way to a great night's sleep.**

### The first maze



The second maze

















# Salt Dough

## Playdough Recipe

### You will need:

2 cups flour

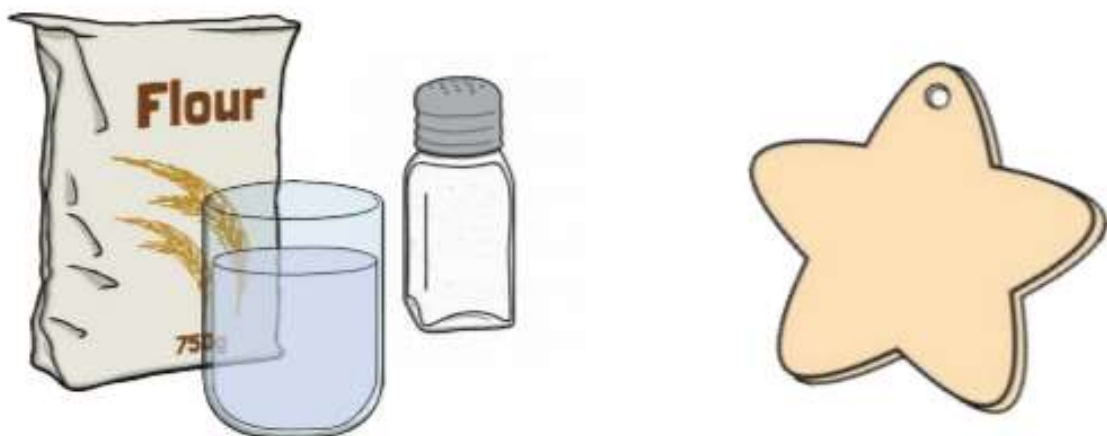
1 cup salt

1 cup water

Food colouring (optional)

### Method

1. Mix together the flour and salt in a large mixing bowl.
2. If desired, add 5-10 drops of food colouring to 1 cup of water.
3. Stir the water into the flour and salt in the large bowl.
4. Roll out the dough on a flat surface and knead it together. It should be soft and pliable.
5. Make models and ornaments.
6. The dough can be left to air dry or dried in a low oven 120-150°C. The time the dough takes to dry will depend on the size and thickness of your creations.



### Journal Writing Prompts

- Describe the happiest day of your life.
- If you could do anything all day tomorrow what would you do?
- Describe the perfect holiday.
- Write about what you love about your family.
- Which room in your house is your favourite, and why?
- What's your favourite school subject? Why?
- If you could have any special talent what would it be, and why?
- What makes people happy?
- What job would you like when you're an adult?
- What's your favourite celebration, and what are the things you like most about it?
- What makes a good friend?
- What makes you smile?
- What is one thing you would like to get better at?
- How would you like to spend the perfect day?
- Describe yourself in 10 words.
- What age are you most excited to turn, and why?
- What do you imagine your life will be like as an adult?
- Who is your hero? Why?
- What is your greatest talent?
- What is the best compliment you've ever received?
- Write about a unique quality you have that makes you special.
- Write down five things that define who you are, listing them as "I am \_\_\_\_\_," statements. Take a few minutes to think about each one. Which quality feels the best?
- Write about a time when you did something you were afraid to try. How did you feel afterward?
- Write about a person you admire. What qualities do you have in common with this person?
- What is your favourite thing to do? How do you feel when you work on this activity?
- What does it feel like when someone recognizes something you worked hard to do?
- What makes you feel like a strong person?
- Of the people in your life, who makes you feel the most confident?
- Name three qualities you love about yourself.
- How do you think other people see you?
- How do you know when you've succeeded at something?
- Write a poem that describes the feeling of confidence.
- What is your greatest strength?
- What is the greatest feeling you've ever had?
- Write about your greatest success.
- When you want to feel more confident, what do you do?
- What is your biggest goal? How will you achieve it?
- Write about a time when you helped another person. How did you feel?
- What makes you happy?
- Make a list of ten things you're good at doing. How do these things make you unique?
- What is it like to try something new?
- Do you ever have trouble making decisions? How can you work to make choices more quickly and with more confidence?
- Write about three things that make you happy. How can you spend more time on these things each day?
- What is the bravest thing you've ever done?
- Think of something that you would like to do better. How can you work to improve?
- How do you feel when someone gives you a compliment?
- What types of things make you feel confident?
- How do positive thoughts promote confidence?
- What is something you have done well recently?
- Write about a time when you made a great choice.
- Do you spend time worrying about what other people think? How does this feel?
- When do you feel proud of yourself?

### **Useful links:**

Below are a list of links that you can use to help keep yourself busy (should you find yourself with some spare time!)

**Please see these two NEW links for some fantastic resources!**

Online Learning provided by teachers who provide explanations for a range of subjects including English and Maths

<https://www.thenational.academy/online-classroom>

Online Daily Learning for children in a range of subjects including Maths, English and Science –

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

### **Maths**

- IXL to practise and revise key topics–  
[https://uk.ixl.com/promo?partner=google&campaign=1187&adGroup=Key+Stage+2&gclid=CPPa8teS\\_8kCFQbnwgodgOIB6A](https://uk.ixl.com/promo?partner=google&campaign=1187&adGroup=Key+Stage+2&gclid=CPPa8teS_8kCFQbnwgodgOIB6A)
- Times Table Rock stars–  
<https://ttrockstars.com/>
- BBC bite size to revise/revisit different subjects such as maths topics–  
<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>
- Maths games to help you consolidate your understanding of maths concepts–  
<https://www.sheppardsoftware.com/math.htm>
- Online maths worksheets for different types of maths topics–  
<https://www.math-drills.com/>
- Online maths quizzes –  
<https://www.educationquizzes.com/ks2/maths/>

### **Reading + English**

- Online website with lots of quizzes for different subjects including English and maths  
<https://www.educationquizzes.com/ks2/>
- Free e-book Library where you can read over 100 books –  
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>
- Try a creative writing challenge –  
<https://home.oxfordowl.co.uk/blog/harriet-muncasters-creative-writing-challenge/>
- Stories to listen to online which you can review/–  
<https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDEzMzA2Mjp1cw==>
- Reading Rocks Reviews listen to the reviews of different books before you have a read –  
<https://www.youtube.com/channel/UCDBwXRaWOGPaKd9Hogt5C-w>
- Free audio book from David Walliams–  
<https://www.worldofdavidwalliams.com/elevenses/>

### **SPaG**

- A website providing a range of grammar activities to improve SPaG–  
<http://www.crickweb.co.uk/ks2literacy.html>
- A website to practise spelling rules and lists –  
[https://www.spellzone.com/word\\_lists/index.cfm](https://www.spellzone.com/word_lists/index.cfm)
- Online grammar quizzes –  
<https://www.educationquizzes.com/ks2/english/>

### **PE**

- Jo Wicks PE channel – live 9am workout  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Online workout for children  
[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)