

Weekly Learning for Year 3

Half Term Holiday Activities

This Half Term Holidays will not be the same – but this doesn't mean it can't be just as fun! This Half Term we are focusing on our own and other's wellbeing.

To have a healthy wellbeing does not just mean being physically fit and eating healthily (although this does definitely help!). It is also about being positive, kind, grateful and able to talk about your own feelings.

Below you will find some suggested activities that you could try out with some ideas/links to help you get started – but don't let these limit you! Please share any other activities you think of or try on our team blog.

Acts of Kindness

Your mission over the half term is to take part in a daily act of kindness every day!

This could be as simple as saying thank you or helping your family with a task at home. You could make something for a family member such as story or picture or teach a sibling a new skill! Let us know what you get up to and we can add this to twitter for you!

Gratitude

With everything going on at the moment it is easy to focus on the negatives of our day to day lives at the moment. Although it is difficult not being able to do some things we enjoy we still have a lot to be grateful for. For example: our home, our families, our friends etc.

Over the half term use your journals to write about what you are grateful for. This could be a thank you note, a list or a diary entry.

Keeping Connected

We are really looking forward to seeing what activities you get up to over the half term holidays! Feel free to share what you have been doing on our blog, send us an email or tag us in a post on twitter!

Don't forget to stay connected with your friends over the holiday using our class blog especially if you have tried a new fun activity, as another person in the class may want to try this too!

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A-maze-ing Sleep

While we are in lockdown many of our routines and normal day to day habits may have changed. This can all affect our sleep which can then in turn affect our wellbeing.

To help your sleep it is important to eat healthily, exercise often and not have too much screen time especially just before bed.

Use the mazes provided by scouts.org.uk to avoid all the bad habits and find your way to a great night's sleep!

Healthy Body = Healthy Mind

Exercise is really important for both our physical and our mental wellbeing. There are several ways you can keep yourself active over the holiday whether it be going for a run or walk or playing games with your family such as football, skipping, catch or riding your bike!

You could even make up your own Joe Wicks' style work out and share it with us on our blog!

What can you do to help?

Having a responsibility at home can help build your sense of self-worth. Ask your parents if there is anything they need help with at home. It might be washing up, sweeping the floor, dusting, tidying your room or making the beds. Not only will it give you a sense of responsibility but I'm sure your parents would love the help.

Reading

While reading, spend time talking about how some of the characters might think and feel. This can help you understand yours and others' emotions and thoughts. Best of all, it can be done with any text you are already reading!

Try it with the book you are reading now.

Make your own calm area

Try setting up a small calm area in your bedroom or another room in your home. It might include a bean bag, a few books, a calm down jar, some toys, or anything else you have that you find calming.

You can use this place to help you have some quiet time or time alone.

Positive Self-Talk

Self-talk is voice in our minds that reassures and encourages us. It also helps us control our emotions so we can deal with problems appropriately.

At the moment we are hearing a lot of negative talk in the news and also hearing people's worries. So positive self-talk is really important and we should try and practice it every day.

Try some of the examples below!

Make your own emotion wheel!

Talking about our emotions can be difficult sometimes but is also really important!

Use this website and the pictures attached to this sheet to make your own emotion wheel to help you to discuss your feelings with your family.

<https://www.worldvision.org.uk/news-and-views/blog/2020-blogs/april/coronavirus-lockdown-supporting-your-childs-mental-wellbeing-times-anxiety/#activities>

Art

Art can be a powerful way to target social and emotional skills. Try creating a self-collage, this can help you develop better self-awareness about who you are.

Painting and drawing can be a positive coping strategy to manage stress. Maybe ask a friend if they want to work with you on a shared drawing, this is a great way to keep in contact and feel happier.

There are lots of opportunities for learning with art! One way could be drawing a picture of yourself and then create a collage around you of all your favourite things that make you who you are.

Highlight jar

You could make a jar which includes all the great things that have happened so far in lockdown. Try adding to this everyday as a way of looking for the positives.

More craft activities

A great craft activity that can also help keep you positive is a positive self-talk flower. You can add your own positive self-talk statements, colour it, cut it out, and then keep it to help remind you how to use this helpful strategy.

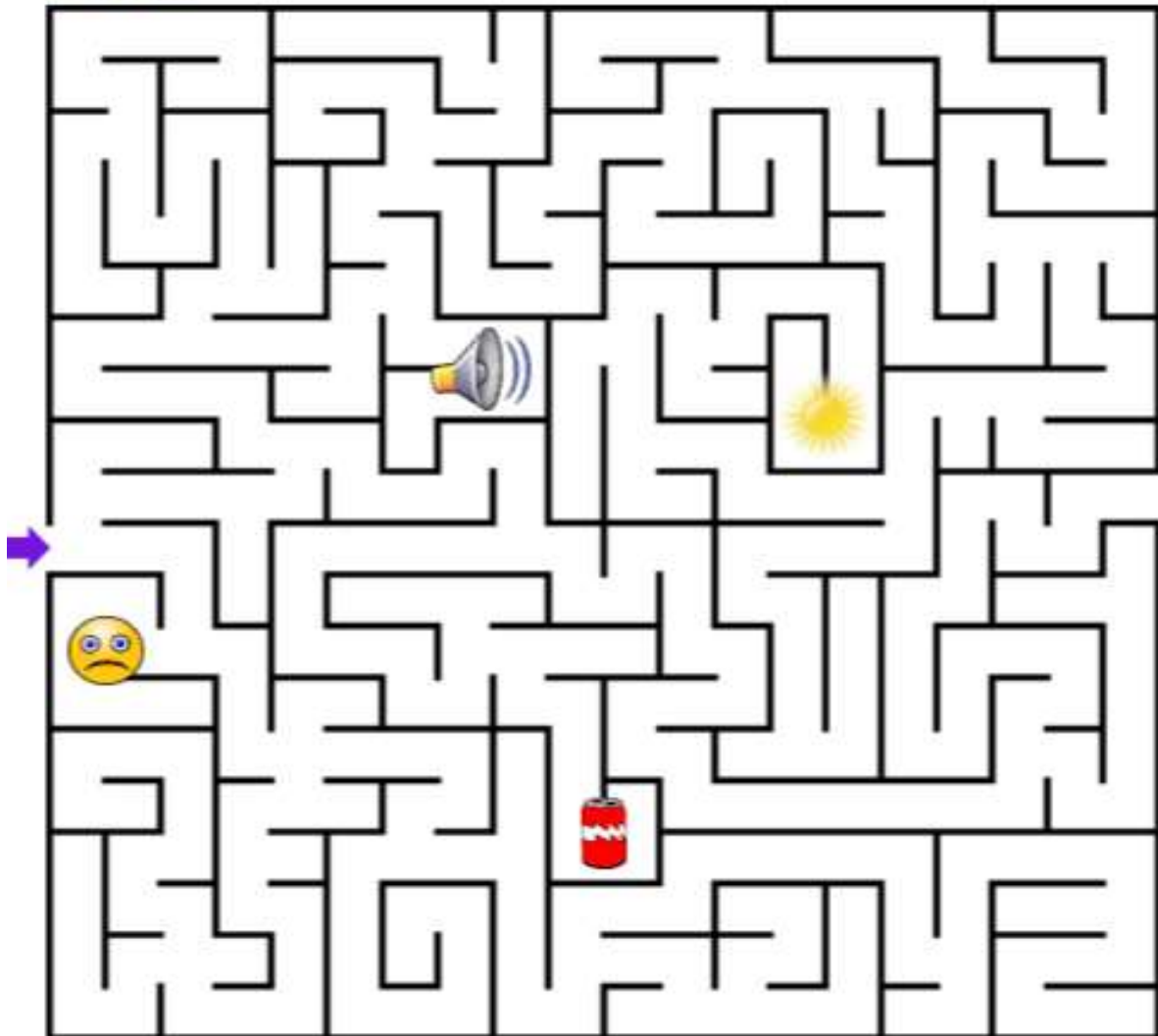
See the example below!

Sleep mazes

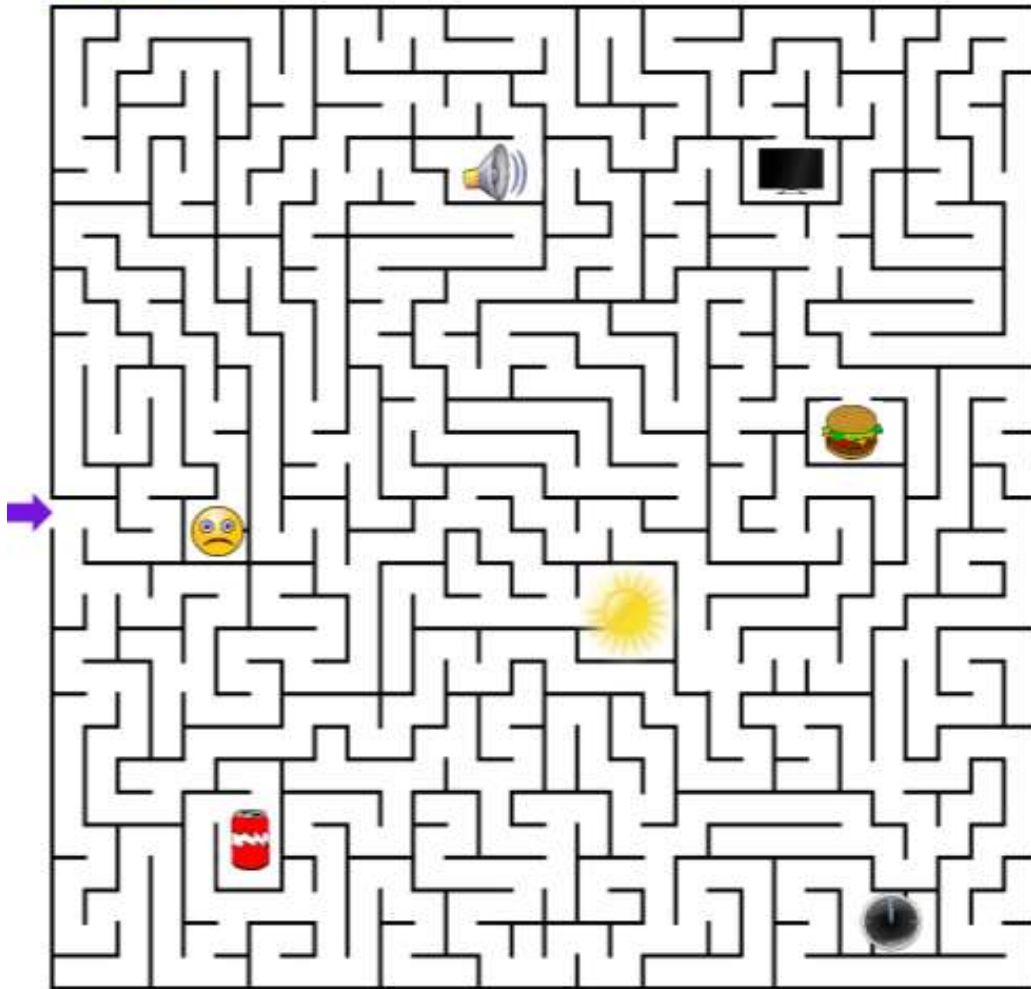
Avoid all the bad habits and find your way to a great night's sleep.



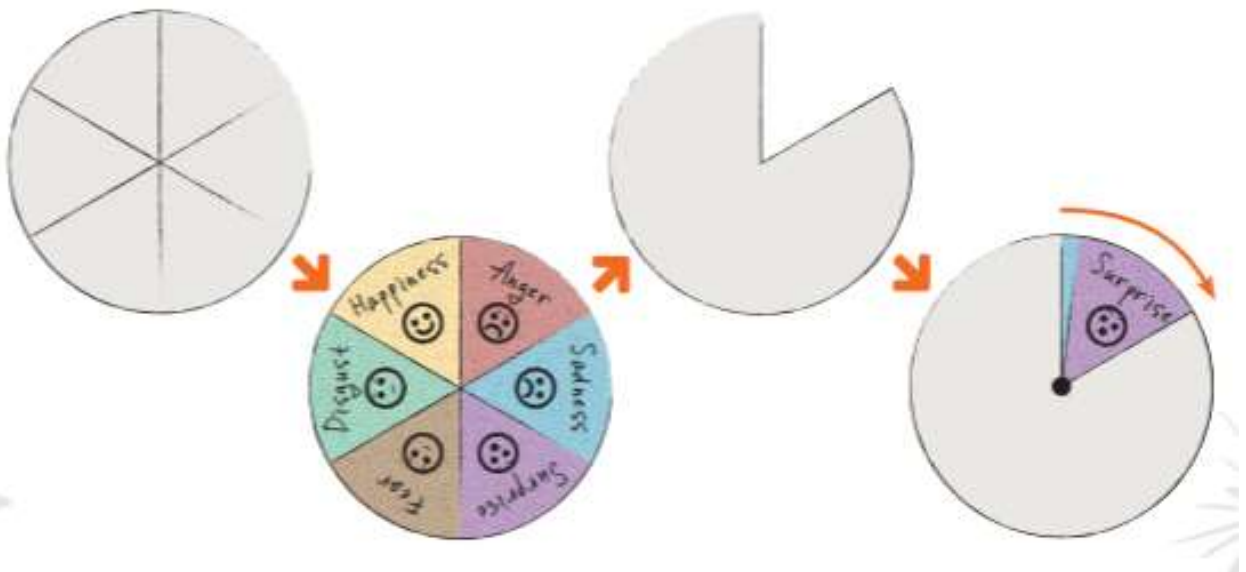
The first maze



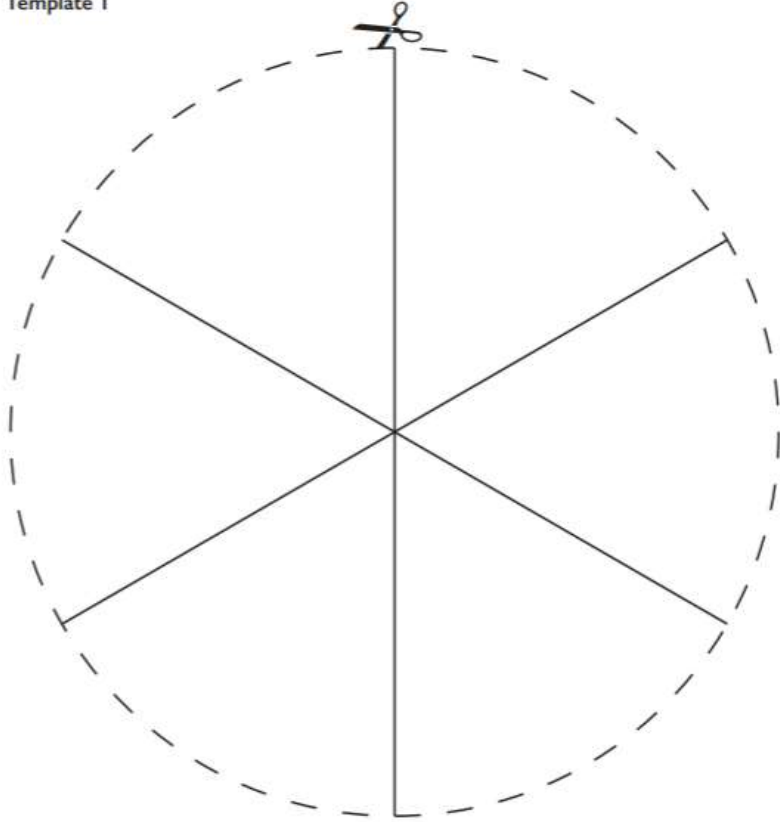
The second maze



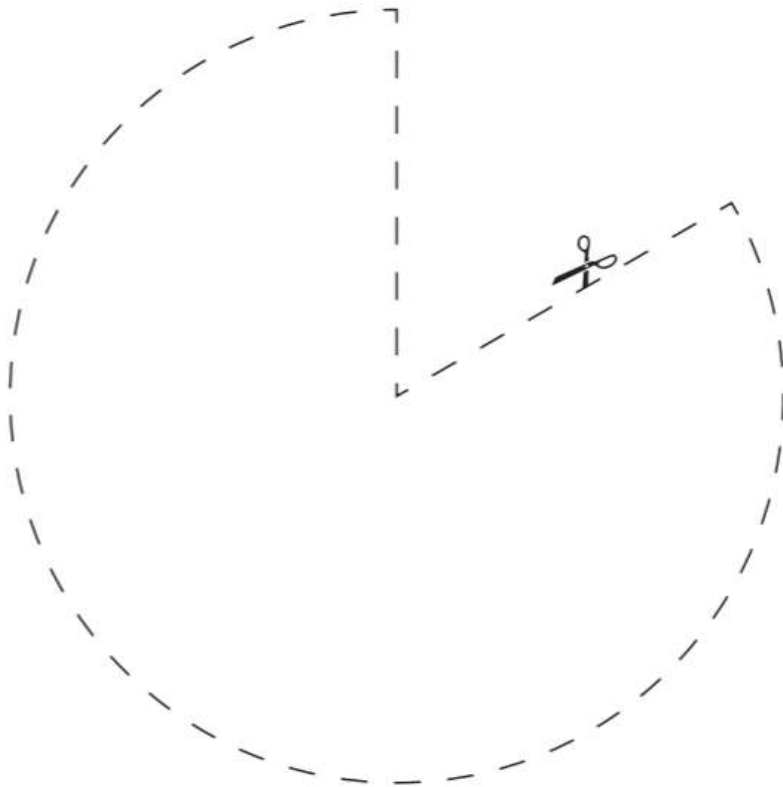
Emotion Wheel



Template 1



Template 2





POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fail, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.