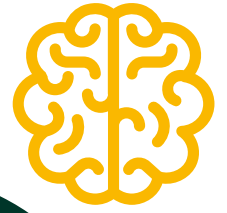
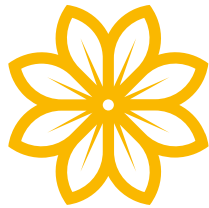


EYFS/KSI WEEK 3



FLOURISH!



*"You have brains
in your head. You have
feet in your shoes. You can
steer yourself any direction
you choose."*

By Dr Seuss

RESPONSIBILITY AND INDEPENDENCE

Responsibility Poem - Author Unknown

I am responsible for all that I do,
from turning in work to making friends, too.
To be kind or mean.
It is up to me just how much I will learn;
the grades that I get will be grades that I earn.
I make the choice to be happy or sad,
to have a good day,
or have one that is bad.
So I will choose what is best for me.
I am responsible;
I hold the key!

What will you do, this week, to show you are **RESPONSIBLE** and **INDEPENDENT**?

Will you take responsibility for your emotions?

How will you show your mummy and daddy you are independent?





STORY TIME

Watch: 'Emotions' - StoryBots Super Songs Episode 8 | Netflix Jr

<http://www.viewpure.com/akTRWJZMks0?start=0&end=0>

TAKE RESPONSIBILITY FOR YOUR ACTIONS

Watch: 'Accident' by Andrea Tsurumi

<http://www.viewpure.com/yePPOdsrblk?start=0&end=0>



GOOD MOOD FOOD



Go bananas! Bananas are rich in vitamin B6, so turn your frown upside down.

Dark chocolate - Its sugar may improve mood since it's a quick source of fuel for your brain



PAUSE AND FIND PEACE

Learn how to make better choices; it is your responsibility to control your emotions:

http://www.viewpure.com/6cxt_Ki4GSo?start=0&end=0



ASK YOUR PARENTS/CARERS TO LISTEN AND WATCH THE VIDEOS

MUSIC TO BOOST YOUR MOOD

Listen to:

'Firework' by Katie Perry

<http://www.viewpure.com/ku7rPXoLRvl?start=0&end=0>



MOVE IT!

Koo Koo Kanga Roo - Believe

http://www.viewpure.com/j_Ecf_Kq08w?start=0&end=0



CREATE IT!

Make some playdough:

<http://www.viewpure.com/6sYVkvFvmj4?start=0&end=0>

Why not make a stress ball by putting the playdough in a deflated balloon?

You can also add some essential oil, like lavender, to help you relax. (Ask for permission)

STAY STRONG!

Top tips on staying healthy:

- Set up a daily routine
- Keep active
- Eat healthily
- Stay connected

