

EYFS/KSI WEEK 5

"Congratulations! Today is your day. You're off to Great Places! You're off and away!"

Dr Seuss

FLOURISH!



REFLECTION AND GOAL SETTING

What's your story?

- What have the last five weeks looked like?
- What do you think you have achieved during home learning?
- Are you proud of anything you have achieved that you thought was impossible?
- Maybe you are more independent?
- You've realised that YOU CAN DO IT!
- Well done for getting this far!

Once upon a time...

The future...

- If you were given three wishes right now, what would you wish for?
- Are they immediate goals?
- Short-term goals or long-term goals?
- What are your hopes and aspirations for when you get back to School?
- What have you learnt about yourself?



WATCH IT

Watch: 'Ish' by Peter Reynolds

The power of words and how we can be encouragers of people's hopes and aspirations.

<https://safeyoutube.net/w/vtZ2>

Ask your parents/carers to listen and watch the videos

WATCH IT

What will you try and achieve when you're back at School?

Think BIG and watch:

'The Dot' by Peter Reynolds

<http://www.viewpure.com/EpmNXbkLu6c?start=0&end=0>

GOOD MOOD FOOD

What did you have for breakfast?

- A boiled egg with wholegrain toast
- Baked beans served on a grainy English muffin
- Porridge cooked with apple and served with a dollop of yogurt
- Two Weetabix with milk and sliced banana



MUSIC TO BOOST YOUR MOOD

Listen to:

'Brand New Day' - Joshua Radin

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



PAUSE AND FIND PEACE

What is mindfulness and how we can use it to be in the green zone more

<http://www.viewpure.com/awo8jUxIm0c?start=0&end=0>



ASK YOUR PARENTS/CARERS TO LISTEN AND WATCH THE VIDEOS

MUSIC TO BOOST YOUR MOOD

Listen to:

'Get Back Up Again' from Trolls

<http://www.viewpure.com/lFuFm0m2wj0?start=0&end=0>

MOVE IT!

Watch: Koo Koo Kanga Roo - 'BELIEVE'

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

Watch: KidzBop Shuffle - 'Dance Along'

<http://www.viewpure.com/QfzRP6V5rE4?start=0&end=0>

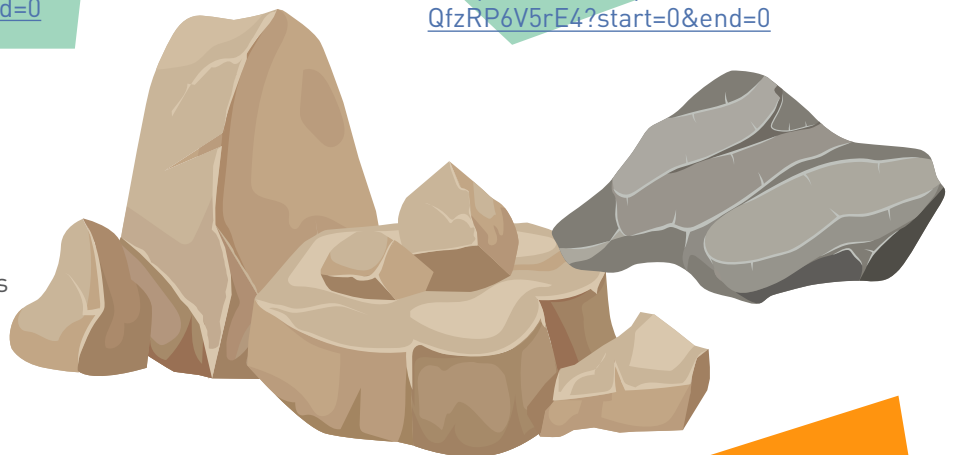


CREATE IT!

Your Future Rocks!

Write your goals on rocks and pebbles as a reminder for your future hopes and aspirations

<https://www.crayola.com/crafts/kindness-rock-painting-craft/>



CLEAN, CONSOLIDATE AND DE-CLUTTER!

Make some time this week to organise your bedroom.

Throw out and recycle anything you don't need any more, freshen up any displays you have on your walls and make sure the floor is clean.

A neat space helps your brain relax and function better!



What are your smart goals for May? What does your mind, body and spirit need right now during this changing of seasons? Who can support you through this time?