

EYFS/KSI WEEK 2

FLOURISH!



'What has taught
you the most?' asked
the boy.

'Failure,' said the Horse,
'So don't fear it.'

Charlie Mackesy



RESILIENCE AND PERSEVERANCE

Are you like a bouncy ball? Every time you fall, you bounce back up again. This is like one of our 3Rs: Resilience. Being resilient means you can try to overcome difficulties and challenges. It does not matter if you find something difficult, what does matter is that you give it a go!

Forget words like: I can't; I'm stupid; THIS IS THE WORST DAY EVER!

Replace them with words like this: I am an amazing person; my challenges will help me grow; all of my problems have solutions; TODAY I AM THE LEADER!





STORY TIME

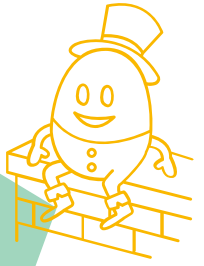
ClassDojo - Katie Discovers the Dip 'perseverance'

<http://www.viewpure.com/10aFwwLyTRo?start=0&end=0>

STORY TIME

After the Fall: How Humpty Dumpty Got Back Up Again

<http://www.viewpure.com/HvWwBLt4dbg?start=0&end=0>



GOOD MOOD FOOD

Have a bowl of blueberries. They are very good for your heart!

Porridge is not just for bears! Have a bowl of porridge at least twice a week. It's yummy and good for feeling happy.



PAUSE AND FIND PEACE

Learn how to 'melt' those angry feelings with GoNoodle.

<http://www.viewpure.com/fTzXFPh6CPI?start=0&end=0>



ASK YOUR PARENTS/CARERS TO LISTEN AND WATCH THE VIDEOS



MUSIC TO BOOST YOUR MOOD

Listen to:

We are the Champions by Queen

<http://www.viewpure.com/071fetlkCZo?start=0&end=0>

MOVE IT!

GoNoodle - Positivity

<http://www.viewpure.com/vDd8-Lw2DLo?start=0&end=0>



CREATE IT!

Draw yourself as a superhero. What are your superpowers? Write positive words around your drawing. Use your poster to give you resilience when you are finding your work, or relationships challenging:

1. Draw yourself as a superhero.
2. Write your superpower next to your drawing.
3. Write out these words around your drawing:
 - I'm making progress.
 - I can!
 - I'm willing to try.
 - I am in control of this.
 - I am excellent at...
 - I have a fantastic...
 - I keep trying.
 - I'll get it.



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