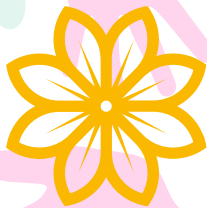


# KS2 WEEK 1

*"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude"*  
**Winnie-the-Pooh,  
A.A Milne**



## FLOURISH!



### GRATITUDE

Being grateful is about focusing on what's good in our lives and begin thankful for the things we have. Gratitude is pausing to notice and appreciate things that we sometimes take for granted. For example, having a place to live, food, clean water, family and friends.

Trace around your hand on a piece of paper and draw something on/next to each finger that represents something for which you are grateful.

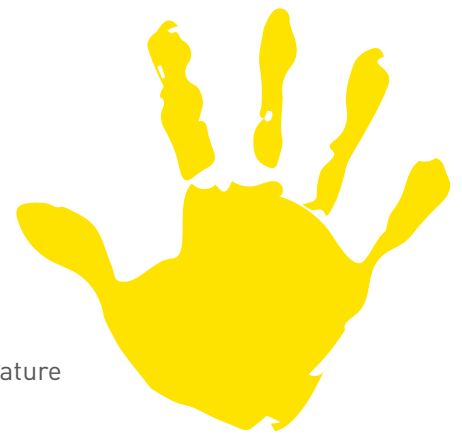
**LITTLE FINGER=** little things in life, like sunshine

**RING FINGER=** relationships (family and friends)

**MIDDLE FINGER=** a nice thing about someone

**POINTER FINGER=** point out the beauty around you, for example something in nature

**THUMB=** give yourself a thumbs up for something you have achieved, no matter how small



**WATCH AND LISTEN  
TO KID PRESIDENT:**

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>



**WELLBEING  
WEDNESDAY WEEK3:  
THE ART OF BRILLIANCE BY ANDY COPE**

[https://www.youtube.com/watch?v=o\\_pt-313yLI](https://www.youtube.com/watch?v=o_pt-313yLI)



# GOOD MOOD FOOD!



An egg a day will provide you with Vitamin B12 which is good for improving your memory and boosting your energy.  
An orange a day gives you the right amount of Vitamin C you need to keep healthy and well.



## PAUSE AND FIND PEACE

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

Take 5 minutes to work on your breathing. Find a quiet place, put on your headphones and find some time to do nothing but breathe.

## MUSIC TO BOOST YOUR MOOD



Listen to:

What a Wonderful World by Louis Armstrong <https://www.youtube.com/watch?v=A3yCcXgbKrE>



## MOVE IT!

Awesome Rainbows- dance it out with Koo Koo Kangaroo:

<https://www.youtube.com/watch?v=tbPGvZDNoY0>



## CREATE IT!

Make a gratitude jar, that you can keep adding to.

[https://blissfuldomestication.com/how-to-make-a-kids-gratitude-jar/?fbclid=IwAR3LU71K9wd0QSMXpWhqB\\_eeFJQF5LD0xruFuimagKjYJ9-jdC8Azq0VLkA](https://blissfuldomestication.com/how-to-make-a-kids-gratitude-jar/?fbclid=IwAR3LU71K9wd0QSMXpWhqB_eeFJQF5LD0xruFuimagKjYJ9-jdC8Azq0VLkA)

## TAKE SOME TIME TO REFLECT ON YOUR WEEK:

- Write down 3 good things that happened this week.
- How many hours of sleep did you get?
- Write a thank you note to someone in your family, thanking them for something they do that makes you happy.
- Write down 5 things you do to show yourself that you respect you!
- Draw your family and write one positive feature for each family member.

## PRACTICAL WAYS TO SHOW RESPECT AND BUILDING GOOD RELATIONSHIPS:

- Tidy your room
- Lay the table- can you add some flowers from outside (ask first!)
- Help to cook 1 x a week
- Come up with your 'Golden Rule' for your family to show this saying: "treat people the way you'd like to be treated"

Please send any examples to your Form Teacher so they can be put forward for certificates and recognition through house points.