

KS2 WEEK 2



"Even the darkest night will end and the sun will rise."

Victor Hugo

FLOURISH!



RESILIENCE AND PERSEVERANCE

When something happens, our brain creates lots of thoughts – some helpful and some unhelpful. For example, you might be really late for a Teams lesson. Thoughts going through your head could include: "I am going to get into trouble – I always get into trouble." (Overgeneralising). "I will probably fail this subject now because I have most likely missed important information about the lesson." (Catastrophising). "My teacher will assume I have been lazy and slept in." (Mind Reading). The consequences could include: I burst into tears in front of everyone; I am rude to the teacher and make the situation worse; I am so upset that I can't concentrate.



WATCH 'COMMON THINKING ERRORS' (1:59)

www.viewpure.com/65ji0taFWJl?start=0&end=0

WATCH AND LISTEN TO KID PRESIDENT:

A pep talk:

<http://www.viewpure.com/l-gQLqv9f4o?start=0&end=0>



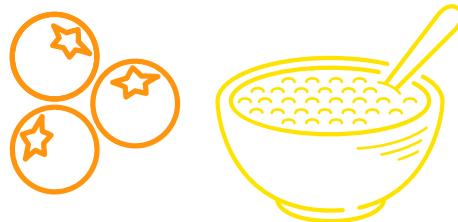
OVERCOMING OBSTACLES:

Steven Clauch

<http://www.viewpure.com/2MGMvEnoD6U?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

<http://www.viewpure.com/ffXclh8cdkY?start=0&end=0>

Boost your resilience by listening to this positive affirmation talk.



PLEASE ASK YOUR
PARENTS/CARERS FOR
PERMISSION TO 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!

Can't Touch This - GoNoodle:

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



CREATE IT!

1. Draw a cartoon superhero, YOU!
2. Write next to it your super power.
3. Around the picture of you, write super, positive words:

Positive 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.

Take some time to reflect on your week:

- Write down three good things that happened this week.
- How many hours of sleep did you get?
- Can you start each day with a positive affirmation?

Managing lockdown:

Have three tools to use if I become upset and irritated:

- go outside and play
- listen to a favourite/uplifting song
- have a drink and a biscuit
- do some breathing techniques

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



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