

# KS2 WEEK 5

"The final forming of a person's character lies in their own hands."

**Anne Frank**

## 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 AND LISTEN

**Jonathan Livingston Seagull**

- a story

[http://www.viewpure.com/ozcsD\\_3D8Ag?start=0&end=0](http://www.viewpure.com/ozcsD_3D8Ag?start=0&end=0)



*This is a story for people who follow their dreams and make their own rules; a story that has inspired people for decades.*



### WATCH

**The OceanMaker - Award-Winning Animated Short**

A story of hope...

<http://www.viewpure.com/J2J4earellg?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



## PAUSE AND FIND PEACE

### Positive Energy - 'On Top of the World'

<http://www.viewpure.com/9pZeLOHBScw?start=0&end=0>



PLEASE ASK YOUR PARENTS/CARERS FOR PERMISSION TO WATCH THE VIDEOS

## MUSIC TO BOOST YOUR MOOD

Listen to:

### 'Brand New Day' - Joshua Radin

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

### 'Eye of the Tiger' - Survivor

<http://www.viewpure.com/btPJPfnesV4?start=0&end=0>



## LEARN IT!

Learn how to make a word cloud:

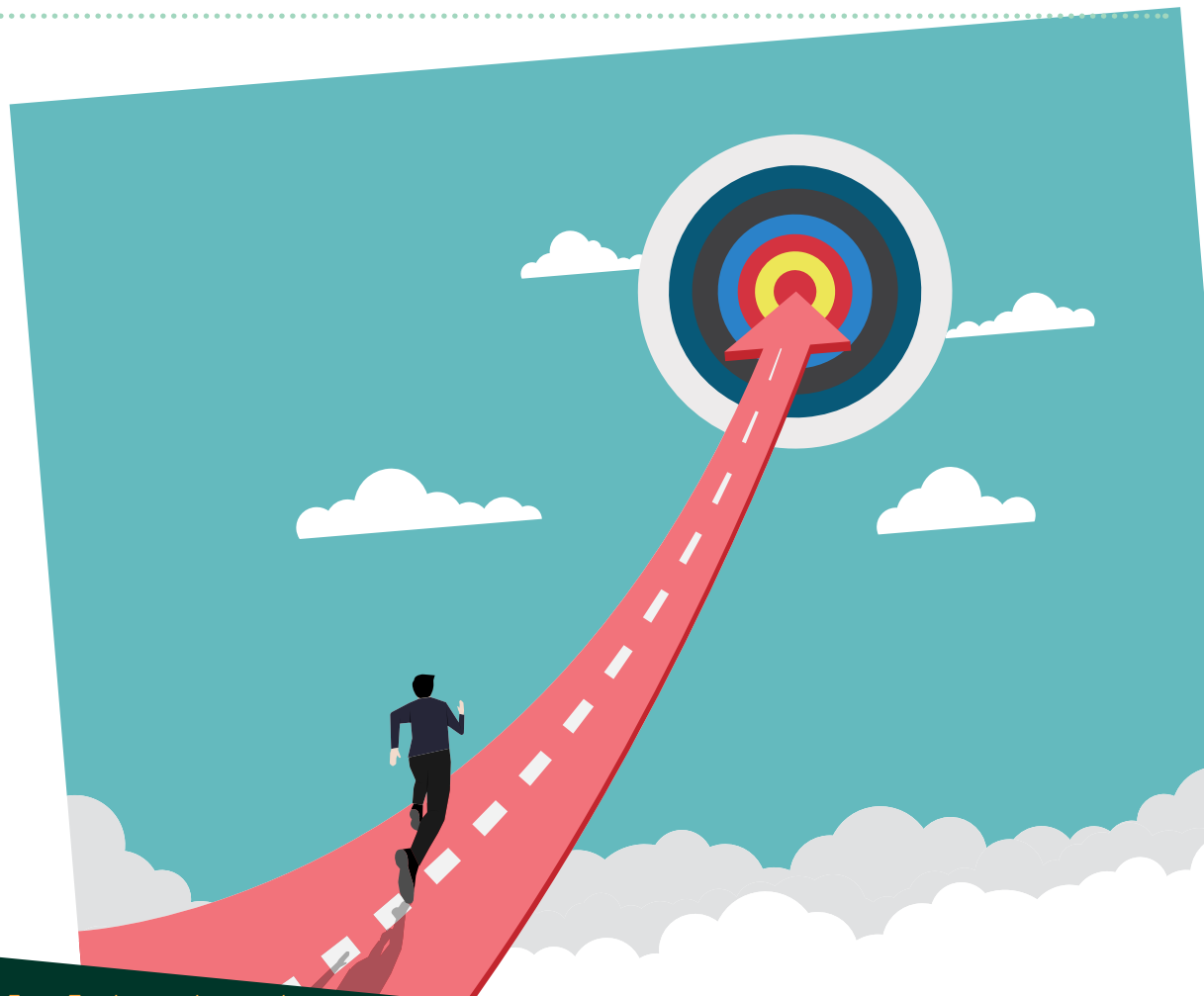
<http://www.viewpure.com/my1JRX84tyc?start=0&end=0>



## CREATE IT!

- Write down three educational goals. How will you reach them?
- Write down three personal goals. What will be your steps to success?
- I am good at...
- I am bad at...
- What I will improve?
- How will I make these improvements?
- If my plan doesn't work, what will I do?

**How will you know if you have reached your goal?**



**Dr Seuss said:**

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

**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?



**Tips for managing lockdown:**

Think about what you have achieved during lockdown and how you will transfer all those skills when you go back to School, such as:

- Resilience
- Perseverance
- Empathy
- Compassion
- Gratitude



**Read 'Oh, the Places You'll Go!' by Dr Seuss. This book is great for setting your intentions and reaching for the stars!**

*"Wherever you fly,  
you'll be the best of  
the best. Wherever  
you go, you will top all  
the rest."*

*"Somehow you'll escape  
all that waiting and staying.  
You'll find the bright places  
where Boom Bands are  
playing."*

*"On and on you will  
hike, and I know you'll  
hike far and face up  
to your problems  
whatever they are."*

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

