

# KS2 WEEK 3

## FLOURISH!

*"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."*

**Eleanor Roosevelt**



## INDEPENDENCE AND RESPONSIBILITY

Thomas Edison failed again and again in his attempts to make the first light bulb. Each failed experiment taught him something that contributed to his final success.

J K Rowling's manuscript for the first Harry Potter book was turned down by twelve publishers before finally being accepted by Bloomsbury.

How to be responsible and feel great!

- When you agree to do something, do it.
- Answer for your own actions.
- Take care of your own matters (unless it is too big and you need adult support).
- Always use your head.
- Don't put things off!

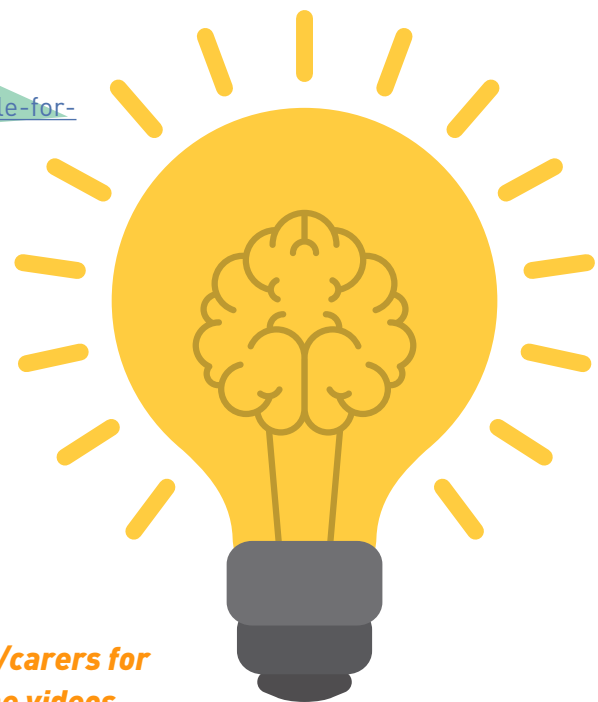
### 'Am I always responsible for my actions?'

<https://www.bbc.co.uk/teach/class-clips-video/am-i-always-responsible-for-my-actions-with-classroom-discussion/zfxxtscw>

### LISTEN

President - Making Choices and being responsible for them

<http://www.viewpure.com/zXq8lCjk80o?start=0&end=0>



**Please ask your parents/carers for permission to watch the videos.**

# GOOD MOOD FOOD!



**Go bananas!** Bananas are rich in vitamin B6, so turn your frown upside down.

**Dark chocolate** - Its sugar may improve mood since it's a quick source of fuel for your brain.

## PAUSE AND FIND PEACE

Are you ready to take on the day? Be responsible for your accomplishments!

<http://www.viewpure.com/CEk9KvPXKEQ?start=0&end=0>

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

### MOVE IT!

Koo Koo Kanga Roo - Superheroes Unite:

<http://www.viewpure.com/ok7V1pWtRzs?start=0&end=0>

## MUSIC TO BOOST YOUR MOOD

Listen to:

This is me- The Greatest Showman:

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



## CREATE IT!

### Make a 'responsibility' paper chain:

- Cut strips of paper.
- Write on each strip what you are responsible for.
- Include different categories: for you; for your learning; for your home.
- Hang up your paper chain as a reminder of your roles and responsibilities.

### 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 bored or demotivated:

- Go outside and play
- Listen to a favourite/uplifting song
- Have a drink and a biscuit
- Do some breathing techniques
- Create something.



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