

Good morning Year 1. Friday here again and it looks like a lovely warm weekend on its way.

English

We have been exploring worries all week. Today we are going to think of ways to help us when we feel a bit worried or we just need to have a calm time in this heat. Choose one of these ideas to try out.

Worry dolls

According to the tradition of the Mayans from the Guatemalan highlands, when children are anxious, parents give them worry dolls before they go to sleep.

The children tell their doll about their sorrows, fears and worries. Then they put the dolls under their pillow at night and when they wake up, their worries or concerns are gone! You could make your own worry doll to put under your pillow.



Yoga

Try this:

https://www.google.com/search?safe=strict&rlz=1C1GCEU_enGB821GB821&sxsrf=ALeKk01hQXnN9-BUDPSxNFKEMIdBFR2qSw%3A1592923010556&ei=ghPyXovEIcyagQaymIHIBQ&q=cosmic+kids+yoga+be+the+pond&oq=cosmic+kids+yoga+be+the+pond&gs_lcp=CgZwc3ktYWIQAzoHCAAQsAMQQzoCCAA6BAqAEENQwyhYvEJgg05oAXAAeACAATmIAfUEkgECMTKYAQcGqAQGqAQdnd3Mtd2l6&sclient=psy-ab&ved=0ahUKEwiLjcvRIJjqAhVMTcAKHTJMAFkQ4dUDCAw&uact=5

Shape breathing

Look at this website and try this out.

<https://copingskillsforkids.com/blog/using-shapes-to-teach-deep-breathing>

You might have your own ideas.

Phonics

https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/videos?app=desktop

Maths



We would like you to put these coins in order of value. If you have real coins you can use those and take photograph. Or you could cut out these coins and stick them in order. You could draw and label them in the right order.

Outdoor Learning

Find a minibeast and examine it - what is it doing? Where is it going? Draw a picture and write 3 things it might be thinking.

Lulu and Humphrey



Lulu and Humphrey met in the house today - socially distancing of course! I wonder what they chatted about.

Have a lovely day and a great weekend.

Mrs Morris and Mrs Turrell

June 26th