

Wednesday 3rd January 2024

PSHE - Can I recognise and share achievements?

Can you draw a picture of yourself achieving and being successful at something? Can you write what your achievement is and describe it?



I good at Footbll*
I am at the parc

8th December 2023

Celebrating Difference

Can I create a poster to show that I know that I understand that our differences make us all special and unique?

it's ok to be different
because if we be the
same it will be so boring.



Date: 19.9.23 19th Tuesday

Gabi/Giff

Can I understand the rights and responsibilities of being a member of my class?

Can I help myself and others have a sense of belonging in our class?

The children were asked to discuss the pictures. They thought about whether the responsibilities take place at home, at school or both. Also, why might they be important responsibilities. The children then ranked the pictures from the most to the least important.

Home ↓

↓ Both

School ↓



Self-Regulation Toolbox

Anabelle's

Toolbox

In the toolbox below, write down some tools that work for you and that will help you to self-regulate yourself. Keep these strategies in your toolbox to use again and again in order to keep your mood 'just right'. We've put one in for each area to help get you started!

If you're unsure, have a look at our **Self-Regulation Display Posters**.

Blue Area Tools	Green Area Tools	Yellow Area Tools	Red Area Tools
Talk to somebody.	Do yoga stretches.	Take some deep breaths.	Take a break.
Calm corner	think happy thoughts	talk to a teacher	punch something
with my friend	giggle	be with friends	be with friends
doodle	read	doodle	doodle
get my feelings out on a piece of paper		also read	read
Just A Hug			
bluetak		bluetak	bluetak
read			

Year 3 - Self-regulation toolkit

E-Safety

don't meet up
big someone online
- how tell on
- know s. mod. not

don't meet up
don't accept files
strangers it could be a virus

don't talk to people you don't know!
don't accept files!

how to keep safe online
Ask for help or block
Never speak online to anyone you don't know
Top tips
Stay safe
don't go on inappropriate games
don't talk to strangers
don't tell people stuff about you
if something pops up block it
do not tell your full name

do not open files
do not meet up online

Do not go online because it is very dangerous, people do not know who you are.

STA
S. Stay Safe online
M. don't meet up!
A. don't accept files
T. tell someone if you feel uncomfortable

Don't talk to Strangers

Don't give away personal details to people you have never met in person

SMART
Stay Safe
Don't meet up
Think
Ask for help
Never
Tell someone
If you feel uncomfortable
Tell someone

Never open files unless a adult says you can.
Never tell your full name or give any information about yourself.

Year 4 - E-safety

Monday 19th June 2023

Can I empathise with refugees?

We have been reading *The Boy at the Back of the Class* by Onjali Q Rauf in guided reading, which is about a refugee boy from Syria who flees his homeland and comes to Britain.

We learnt that a refugee is someone that is forced to leave their home because it has become too dangerous due to a war or natural disaster.

During refugee week, we designed posters and leaflets to help educate others about refugees and to promote compassion.

We looked at artwork by an artist called Murugiah to inspire our illustrations.



Year 4 - What is a refugee?

Monday 29th January 2024

Can I understand how to manage challenges and change?

A time when someone's mental health might be affected is when a relative dies.

The person might feel melancholy.

Something the person can do to help themselves is talk to a trusted person and move on and remember.

Something someone else can do is be kind and help them.

My personal network

Mrs Woods Lee Grams Mum Seb Dad Grandad Angie Mrs Hamerton

Affirmations for mental health

I always try my best.

I can always read a book.

I always have happy experiences.

I never give up.

I always have help.

I can be happy whenever I want.

GROWTH

MINDSET

I'll Try something new

FIXED

MINDSET

Oops I made a mistake.
but don't ~~use~~ all. I'll
just fix it.

maybe it
won't work but
I'll try anyway

practice is all
you need

I'll Keep
Trying

I can't
Do this

This is too
Hard

I Give
up

I won't
Try

Don't
give up

I think
I'll Fail