

09:00 – 9:30	9.30 - 10:30	10:30 - 11:30	12:30 - 13:30	13:30 – 14:00	14:00 - 15
PSHE ASSEMBLY	GIVE	CONNECT	BE ACTIVE	KEEP LEARNING	TAKE NOTICE
<p><b>Assembly</b></p> <p>Watch the video introduction from your class teacher for our mental health awareness day. The theme is Express Yourself and we are going to spend the day working on 5 pillars for positive mental health:</p> <p><b>Give</b> <b>Keep Learning</b> <b>Be Active</b> <b>Take Notice</b> <b>Connect</b></p> <p>Click on the link for your class.</p> <p><a href="#">Brunel</a></p> <p><a href="#">Newton</a></p> <p><a href="#">Lovelace</a></p> <p>Watch the video to see why it is important for us all to consider not just our mental health but others too!</p>	<p><b>Give</b></p> <p>Take time to do something for your family, a friend or your community. How about making a card for an elderly relative or a close friend you cannot see or speak to so often in these difficult times. Perhaps write a little poem inside or a special message to tell them you are thinking of them.</p> <p>Then you can post it or deliver it with an adult to keep you safe.</p> <p>Express yourself: Which plays to your strengths?</p>	<p><b>Connect</b></p> <p>Take part in our class zoom to talk about and show what we plan to do today.</p> <p>Each class has their own zoom log in for this session.</p> <p><b>Year 3 – 10:00 – 10:30.</b></p> <p>Pass it on!</p> <p>It is so important to not only look after our own wellbeing but we should do what we can to help each other as well.</p> <p>Your teacher will give you the name of another person within your class. Your task is to create something just for them. A poem, a picture or a card. You have to write one thing you like about that person. Email your creation to your teacher and they will forward them on. This is anonymous and only your teacher will know who has done what for who.</p>	<p><b>Be Active</b></p> <p><b>PE with Mr Baker</b> <a href="#">Join in the video lesson</a> of Mr Baker and see how you do with the circuit training he has planned for this lesson!</p> <p>How much of the session can you complete?</p> <p><a href="#">Maybe try a new dance with just dance.</a></p> <p>How do you feel afterwards?</p> <p><b>Let's do cosmic yoga!</b></p> <p><a href="#">Watch this video</a> and feel your body relax in this session!</p> <p><b>Why not try a Meditation?</b> <a href="#">Watch this video</a> to relax your mind!</p> <p>How did you feel afterwards?</p>	<p><b>Keep Learning</b></p> <p>Follow the tutorial video, to learn fun, new and creative artistic skills, including: sketching, painting, printing and shading.</p> <p>All of which can be done by using materials and resources you would already have at home.</p> <p>This mindful activity allows you to relax and rejuvenate yourself, recharging your mind and body as well as giving yourself a mental break.</p> <p>Take note of how you feel before and how you feel after these activities.</p> <p>How do these little bursts of activities help you?</p> <p><a href="#">How to draw a superhero.</a></p> <p><a href="#">How to draw animals.</a></p>	<p><b>Take Notice</b></p> <p>Pause and observe what's going on around you. Take a break and reflect on what you're feeling. Write a poem/ do some art to capture this moment.</p> <p>Express yourself: How else can you capture this moment?</p>

Please photograph yourself doing these activities and let us know how you felt and what you enjoyed.

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