

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	KEEP LEARNING	BE ACTIVE	CONNECT - CLASS ZOOM	TAKE NOTICE
<p>Assembly</p> <p>Click to watch the assembly with your class teacher:</p> <p>5 Curie</p> <p>5 Hawking</p> <p>5 Jemison</p> <p>An introduction to our mental health awareness day under the theme Express Yourself. We are going to spend the day working on 5 pillars for positive mental health:</p> <p>Give</p> <p>Keep Learning</p> <p>Be Active</p> <p>Take Notice</p> <p>Connect.</p> <p>You can change the time of all of these activities to suit you and your family.</p> <p>Connect will have to remain at the same time though!</p>	<p>Give</p> <p>Take time to do something for your family, a friend or your community. Is there something helpful you could do around the house? Could you write a letter/ make a gift for a friend/ family member? Could you go on a walk and do a litter pick to improve your local area (with an adult!).</p> <p>Express yourself: Which plays to your strengths?</p>	<p>Keep Learning</p> <p>Can you learn a new skill today? How to play cat's cradle, make a friendship bracelet, bake bread, helping with dinner?</p> <p>Or take this time to learn about something which has always interested you: What is it like in Papua New Guinea? What is the longest river and what is it like in the countries it travels through? How do I draw realistic flowers?</p> <p>Express yourself: Which style of learning suits you best?</p> <p>How to play cat's cradle: https://www.youtube.com/watch?v=v7LIAt5DmQs</p> <p>Friendship bracelet ideas: https://craftjam.co/blog/how-to-make-friendship-bracelets</p>	<p>Be active</p> <p>Go for a walk, jog, run, or take part in one of Miss Morris' videos!</p> <p>Express yourself: Which type of exercise do you most enjoy?</p>	<p>Connect</p> <p>1.30pm today! Take part in our class zoom to talk about and show what we've done and still plan to do today.</p>	<p>Take Notice</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> <p>Links: Mindful colouring blog: http://www.stephmedford.com/blog/mindful-drawing-practice</p> <p>Cosmic Kids Yoga: https://www.youtube.com/user/CosmicKidsYoga</p> <p>Send in any photos you'd like to share with the class!</p>

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

Scurie@williambyrd.school | Shawking@williambyrd.school | Sjemison@williambyrd.school