



HELLO Everyone! I hope you that you and your families are well.

We are having a different sort of week this week... it is all about our confidence and self esteem and being kind about ourselves.

Each day you can have a look at Conquer Maths. If you can't get onto Conquer Maths try some of the work I have posted out to some of you. EVERYONE has a conquer maths log on, I will check in with you in the video meeting if you can't remember it.

ALSO for some of you, I will tell you who on the video call, you can go to <https://corbettmaths.com/5-a-day/primary/>. Find today's date and do the five a day maths challenges.

ALSO MRS LAY would like you to look at 100 High Frequency Words list which is on our school website and the Oxford Owls website. Have a look at some of these words and if you recognise them, keep practising reading them. There are some books to look at too.

This week we are thinking about **how FABULOUS we all are!**

Each day you will do an activity ALL about YOU! ★★★★★

Do what you can. This work is for everyone, but everyone works at different levels, so you can make it easier or harder to suit what you can do! Some people can write a whole paragraph, some can just say a word and ask someone to write it, whatever you can do is great! There is something that EVERYONE can do each day.

MONDAY 15th June	Who am I?
All About Me activity	<p>Make a HUGE picture all about YOU. Put a picture of yourself in the middle of it. Add things all around that tell us about you. How old are you? Where do you live? Who lives in your house? Do you have pets? What do you like to do, eat, drink, listen to, look at? Where do you like to go? Who are your friends?</p>
TUESDAY 16th June	What am I good at?
	<p>Ask people in your house what they think you are good at. This might be things you can do eg good at tidying up, good at smiling, or it might be something about you that you are good at... kind, helpful, friendly. What do you think you are good at? Make a picture, poster or booklet... on the computer or on paper. Call it 'Things I am good at' and see if you can include as many good things as possible. I can think of lots of things for each of you that you could put on your picture!</p>
WEDNESDAY 17th JUNE	My Body
	<p>We all have different bodies, they all work in different ways. Each body has things it is good at and things it is not so good at. Some people have strong arms for pushing and others have long legs for walking. We are all different! Try and draw yourself, or find some photos of yourself when you were younger and now. How have you changed? How has your body changed? Let's look at what is good about our body! Can you talk/write/draw/use your talker to describe what is great about your body? "I have a really friendly, smiley face. My smile is wide and my eyes twinkle when I laugh. I have very strong arms from pushing my wheelchair and I have lovely long shiny hair."</p>
THURSDAY 18th JUNE	My Mind
	<p>Everyone's mind works differently! Some people are good at designing things, some people are very creative and others are good at maths. We have to look after our minds by getting good at relaxing. How do you like to relax? Can you make a big list of things, with words and pictures? 'Jigsaws help me relax because I like to be quiet and concentrate.' Sometimes we can do things to help our minds relax. Can you have a go at these activities? Take some deep breaths and breathe in and out, slowly. Think about what you can see, hear, smell, feel, taste... This can sometimes help people feel calm and relax our minds. Maybe you could close your eyes and listen to some music while you relax and breathe slowly in and out. Ask other people in your house what they do to relax.</p>

FRIDAY 19THJUNE	Which animal am I like?
	<p>Make a huge picture of your favourite animals. Can you write or say their names? Can you think about which animal you are like? 'I am like a cat because I like to curl up and be cosy!' 'I am like a fish because I love swimming!'</p> <p>Make a beautiful picture of yourself as an animal! You could draw the body of the animal and put your face on it – or just draw the animal having a great time. A brave lion? An elegant dolphin swimming in the sea and leaping through the air? I would love to see some of these pictures on the website. Maybe you could even write a story about the animal you think you are like... what happens, how do you use your skills?</p>