

Daily non-negotiables:

1) Reading - 30 minutes

Group 1:

- [Phonics sounds](#)
- [Spell the words](#)
- [Read to an adult](#)

Group 2:

- [Phonics sounds](#)
- [Spell the words](#)
- [Read to an adult](#)
- Reading skills - Vocabulary

2) Spelling - 20 minutes

Practise your spellings on the 'look, say, cover, write, check' sheet daily.

3) P.E. - [Joe Wicks](#) (LIVE at 9am)  
or [Cosmic Kids](#)

# English

## Wellbeing Journal- Day 1

This week, you will write in a 'Wellbeing Journal' every day. This is just like a diary where we get our feelings out of our head and on to paper. This can help us to feel happy.



Well-being is being healthy, safe, comfortable and happy.

Helpful clips: [Mental Health](#)

# Maths

Recap: Add equal groups

Watch the video, complete the activities and check your answers.

[Video](#)

[Worksheet](#)

[Answers](#)

# Topic

## Mental Health Week

Last week was [Children's Mental Health Week](#).

The theme this year is 'Express Yourself'.

Watch the [video](#) and see if you can spot the different ways that people express themselves. Then, discuss the questions. Challenge- You could write how you express yourself on the prompt sheet.

Carefully read the text and underline any words that you don't understand. Find the meaning of these words and write it in your workbook.



# All About Valentine's Day

- Valentine's Day is named after Saint Valentine.
- Valentine's Day is on the 14th February every year.
- People show their love to another person on Valentine's Day.

## What do people do on Valentine's Day?

- send flowers
- send cards
- give chocolates
- give gifts

## Symbols of Valentine's Day

Here are some of the symbols which make people think of love on Valentine's Day.



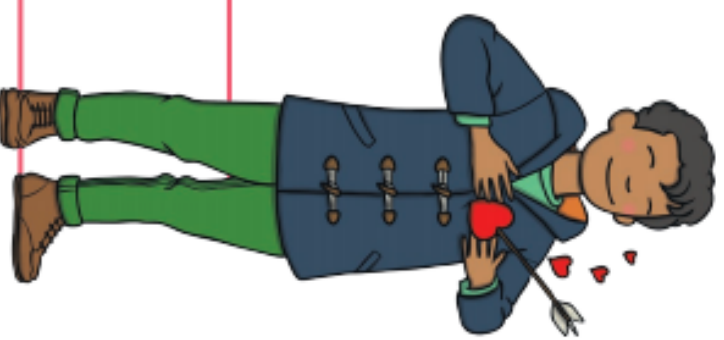
hearts



Cupid



roses

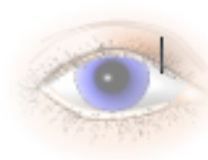


## Did you know?

Some people say that if you are hit by one of Cupid's arrows, you will fall in love.

# Know Your Words!

Name \_\_\_\_\_



look



say



cover



write



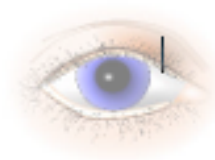
check

Words	Monday	Tuesday	Wednesday	Thursday	Friday
walk					
talk					
some					
two					
to					
walk					
talk					
some					
two					
to					

Level 3 - The sound 'igh' spelt with -y at the end of words + red words

# Know Your Words!

Name \_\_\_\_\_



look



say



cover



write



check

Words	Monday	Tuesday	Wednesday	Thursday	Friday
cry					
fly					
shy					
terrify					
multiply					
should					
could					
love					

## Add equal groups

1

Complete the sentences.



There are

apples in each bag.

There are

bags.

There are

equal groups of

There are

apples altogether.

+

+

+

=



2

How many sweets are there?



$$\square + \square + \square = \square$$

There are  sweets.

3

How many marbles are there?



$$\square + \square + \square = \square$$

There are  marbles.

# Monday

Date: \_\_\_\_\_

**Today I Want To:**  
Draw or write the things you'd like to do today.

1.

2.

3.



**Today's News**

What did you do?	What did you eat and drink?
Who were you with?	Who did you speak to?



## Good Things

Write or draw the things that are good in your life.

Monday

1.

2.

3.

## Thinking Time

I worry about...

I feel this way because...

I can make this worry better by...

## The Best Thing That Happened Today

Draw a picture to show this at the end of the day!

## Rate the Day







## BIG QUESTION:

### WHAT DOES 'EXPRESS YOURSELF' MEAN?

#### TEACHING POINT

[corresponds to **slide 2**]

**'EXPRESS YOURSELF'** is about finding creative ways to share feelings, thoughts, or ideas, through things like art, writing, music, dance and doing things that make you feel good.

*NB. Being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show how you are feeling that can help you feel good about yourself.*

### RECAP: WHAT IS MENTAL HEALTH?

Remember, just as we look after our physical health (our bodies) by doing things like exercising, eating well and getting enough sleep, we also need to look after our mental health (our minds).

One way of caring for our mental health is to notice and share how we are feeling. Expressing ourselves in creative ways can help us do this.

1 - 7 FEBRUARY 2021  
#ChildrensMentalHealthWeek



## CONVERSATION STARTER ACTIVITY

**Did you know that connecting with others is an important way to look after our wellbeing?**

Use these conversation starters to help start meaningful conversations at home, in your workplace or in the classroom.

"WHAT ARE YOU  
GRATEFUL FOR  
THIS WEEK?"

"WHAT WAS THE  
KINDEST THING YOU  
DID FOR SOMEONE ELSE  
THIS WEEK?"

"WHAT WAS THE  
KINDEST THING  
SOMEONE DID FOR  
YOU THIS WEEK?"

"WHAT WAS THE  
MOST CHALLENGING  
THING THAT HAPPENED  
THIS WEEK?"

"HOW DO YOU  
FEEL WHEN  
YOU EXPRESS  
YOURSELF  
CREATIVELY?"

"WHAT ARE YOUR  
FAVOURITE WAYS TO  
EXPRESS YOURSELF  
CREATIVELY?"

"WHAT ARE YOU  
MOST PROUD OF  
YOURSELF FOR  
THIS WEEK?"

# Express Yourself Thought Prompts

People express themselves in many different ways. We can express our personalities and individuality through art, drama, dance, role play, sport and music. Jot down your thoughts below.

**I would describe myself as...**



**I like to express myself through...**



**When I do this, it makes me feel...**



**Other ways I could express who I am include...**



**I am proud to be me because...**

