



Year Group: Years 3 and 4

Week Beginning: Monday 6th July 2020

Subject: PSHE and Wellbeing

<p>1, Theme: Rights Respecting - Article 23 - A child with a disability has the right to live a full and decent life with dignity, and as far as possible, independence, and to play an active part in their community.</p>	<p>Try one or more of these activities. Share your completed work with us on Twitter.</p> <ol style="list-style-type: none">1. What does disability mean to you? How do places you know support people with disabilities? Write a list and discuss this as a family.2. Find out about a Paralympic sport that interests you and show your findings like a story, drawing or a poster.3. Sign language is a way of communicating using your hands, mostly used by people with a loss of hearing. Can you research and learn any sign language?
<p>Wellbeing Wednesday</p>	<p>A relaxation rock can trap negative thoughts and feelings inside. Find yourself a stone/rock that can fit inside your hand. Take some deep breaths, as you breathe out imagine any negative thoughts and emotions are going into your rock. Keep your rock somewhere safe and use it when you are feeling down. You could even decorate your rock! #WellbeingWednesday</p>
<p>2. Theme: Positives of lockdown</p>	<p>These last few months have been difficult for many. There have been sad times not being able to see our families but there has been some positives too. We would like you to think about the positives of lockdown and what you can take from it going forward. Have you learnt any new skills? What new talents have you found? Have you made any changes that you are going to keep up as normal life resumes?</p> <p><u>Activity</u></p> <p>Purple Mash - PSHE Positives of lockdown - Talk about the questions above as a family. Draw or write about some positives of lockdown to share with us what you will take from this experience.</p>