



Year Group: Years 3 and 4

Week Beginning: Monday 22<sup>nd</sup> June 2020

Subject: PSHE and Wellbeing

<p>1, Theme: Rights Respecting - Article 30- Minority culture, language and religion.</p>	<p>A lot of our food and drink originates from other cultures. Think about what your favourite foods are. Do you know where these foods come from? See if you can research this online, ask a family member or check the packaging to find out.</p> <p><u>Activity:</u> Purple Mash - PSHE Food from other cultures menu - Create a 3 course meal for your household that involves foods from different cultures. Draw pictures of these foods and then write what they are and where they come from.</p>
<p>Wellbeing Wednesday</p>	<p>This week's Wellbeing Activity is to practise some meditation. Meditation can help children to regulate their emotions and improve concentration and focus. Here's some links to some meditation to try!</p> <p><a href="https://www.youtube.com/watch?v=DWOHcGFITmc">https://www.youtube.com/watch?v=DWOHcGFITmc</a> <a href="https://annakaharris.com/mindfulness-for-children/">https://annakaharris.com/mindfulness-for-children/</a> #WellbeingWednesday</p>
<p>2. Theme: Feeling proud</p>	<p>We should all feel proud of ourselves when we overcome a personal challenge, push ourselves towards a new goal or show effort. Pride and self-love fills our emotional buckets and pushes us further reminding us that every step matters.</p> <p><u>Activity</u> Purple Mash - PSHE Feeling Proud - Colour in the picture and write about why you are proud of yourself. It could be an achievement you have made during this period away from school that you would like to share.</p>