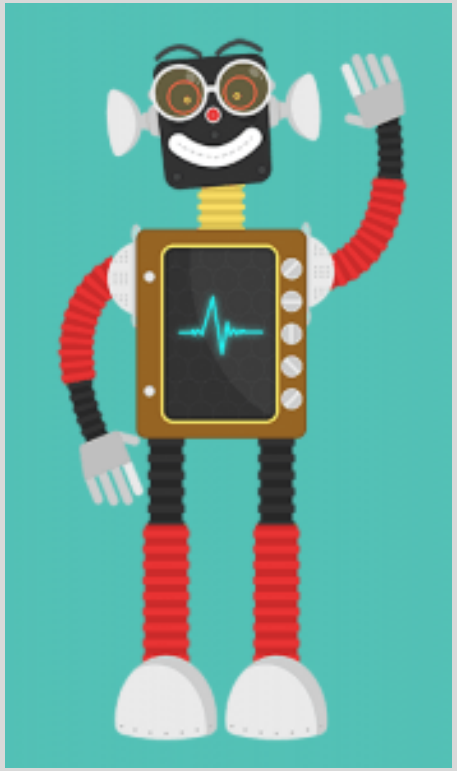
# Year 1 Home Learning Week 10

## W/C: 29.6.20

## PSHE Heart Smart

"No way through isn't true!"



# Lesson 1:
# No way through isn't true!

Watch the video
https://church.heartsmart.school/member/kindergarten-5-no-way



# How do you think she is feeling?




# Why do you think she is feeling like that?




Have you ever been stuck or thought 'I can't do this'?

Write a list or tell your family things that you find difficult.

When we don't believe there is a way through, we give up and stay stuck.




But when we believe there's an answer for every problem, we keep working at it until we find it.

# Being HeartSmart means knowing 'No Way Through' isn't True!'

What are some of the things you can you do if you are stuck? Write them next to your list of things that you find difficult.




For example, I find maths difficult. I could use the cubes to help me work out the answer or ask the teacher for help.

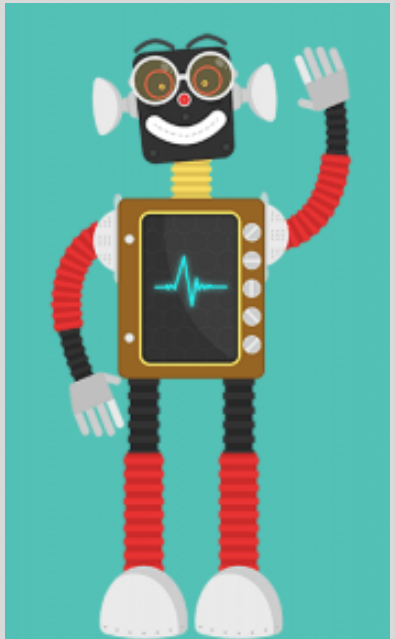
# Challenge:

This week try to encourage each other throughout the week to keep going in all situations and find a way through. It may be your younger sibling gets frustrated if they find a simple task challenging, or your Mum might need extra help to tidy the house. See if you can help others at home so that you both **<u>can do it!</u>**



# Lesson 2

## Keep trying when things get difficult



When we are learning to do something new, we often make mistakes and have to try again.

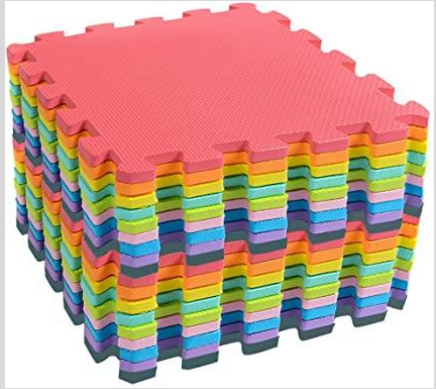




# Mission 1



Use different items to set up a circuit in your house or garden. Your mission is for you and a friend or family member to travel around the apparatus without putting your feet on the floor. If you touch the floor, you must start again.





# Second attempt Mission 2



Before you start your second attempt, think about any changes you could make to improve your mission

(e.g. do you need to slow down, will you go over an apparatus another way, etc.)



# Mission 3



When you have finished your mission, support your friend by offering him/her advice, giving a helping hand or simply cheering them on.




# Mission completed




What changes did you make to your strategy the second time round?

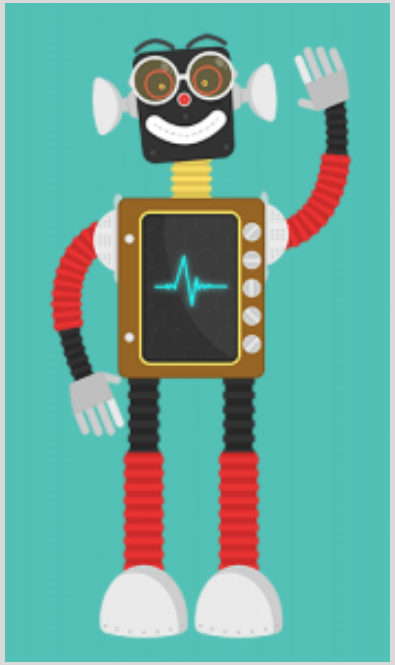
What difference did having the support off someone else make?

Well done! You have solved a problem by looking at the problem in a different way and with the support of your friends!

'No way Through' isn't True!

# Lesson 3

## Knowing what secrets we should and shouldn't keep



# What is a secret?

Talk to your grown up at home about what a ‘secret’ is.

What does it mean to you?



# What is a secret?

A secret is something that is meant to be kept unknown or unseen by others.



# Good Secrets

Some secrets are like surprises - everyone will find out eventually and the aim is to make another person happy.

Once, Miss Wheeler planned a surprise birthday party for her dad. It was hard to keep it a secret and she felt excited about surprising her dad. She had excited butterflies in her stomach.

Have you ever kept a good secret to surprise somebody? How do you feel keeping the secret? Did you get a butterfly feeling?





# Bad Secrets

Some secrets are bad and can make us feel uncomfortable or worried.
For example, your friend steals a sweet from the shop and tells you not to tell anyone.
Bad secrets can make us feel uncomfortable or funny inside, like our tummy is saying 'uh oh'.



Our bodies are good at telling us if something is exciting (butterflies in tummy) or if it is dangerous or not good for us (uh oh feeling).

Look at the next slide. Decide if the secret would give you a 'butterfly feeling' or a 'uh oh feeling'.

# Is the secret a good or bad secret?

Your friend shows you their private parts and tells you not to tell anyone.

Your neighbour gives you sweets and tells you not to tell anyone.

An older child at school calls you mean names and tells you not to tell anyone.

Someone pushes you over and tells you not to tell anyone.

You have bought a present for your friend's birthday. Your Mum tells you not to tell anyone.

Your Uncle has bought your Granny a bunch of flowers and tells you not to tell her.

Your sister is hiding behind a tree in hide and seek. She tells you not to tell anyone.

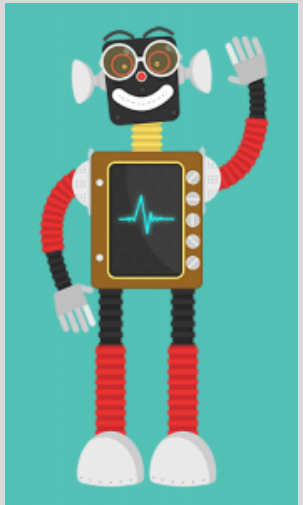
Your Dad has arranged a surprise party for your brother and tells you not to tell him.

Your brother shows you a scary clip online and tells you not to tell anyone.

What should you do if you are ever asked to keep a secret that makes you feel 'uh oh', frightened or worried?

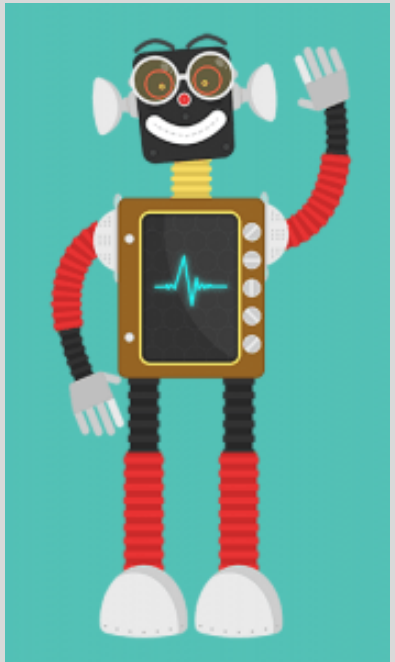
You must always tell a grown up that you trust (parent/carer or teacher) You will not be in trouble for telling.

Telling a grown up is one way to be HeartSmart as it helps to protect and keep you safe.



# Lesson 4

There is hidden potential within us all.



# What do you think these are?



Little things can grow into big things! We all have a potential within all of us, no matter how small we are.



# Growing Cress



1) Fold a few sheets of kitchen roll and place them inside a margarine tub.
2) Slowly pour some water on to the kitchen roll until it is thoroughly soaked.
3) Generously sprinkle cress seeds all over the kitchen roll.
4) Place the tub in a place where it will get a lot of light.
5) Water the seeds **daily** and make sure that the kitchen roll doesn't dry out.
6) Enjoy watching it grow!
7) After 12 to 14 days, your cress should be fully-grown and ready to be cut with a sharp pair of scissors.
8) Use a sieve to rinse the cress under a cold tap, shake dry, and eat.

# We can be anything!




Growing cress reminds us we have lots of hidden talents and abilities lying within us and that even the smallest people can have a BIG impact.

What can you do to help make your class, family and community great? Write some ideas down and share them with your family.

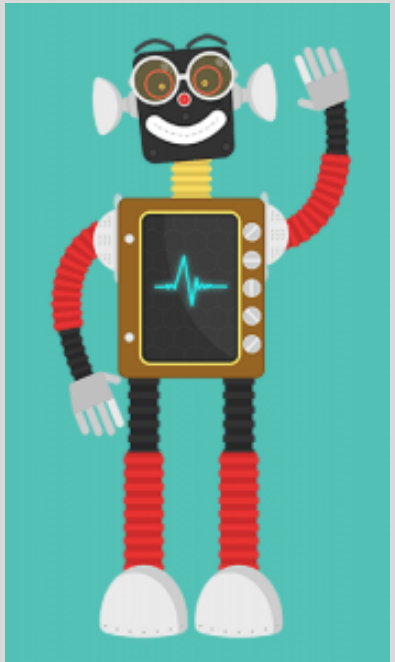


We're all responsible for making the most of our seeds and our potential.



# Lesson 5

## Identifying dreams in our hearts.



# Dreams

## What are dreams?




Discuss with your grown up at home …

# What are **your** dreams?




Do you have any dreams?

*If you could do anything what would it be?*

*If you could be anything what would it be?*

Discuss with your grown up.

Ask them what their dreams are too! ☺

# Dream Boards

We are going to make a dream board. A dream board is a collage of pictures, words and images that inspire us to dream.




This board shows someone who dreams of travelling, loving other people, being happy and doing exercise.

# My Dream Board

**You will need**: a variety of magazines, thin card, scissors and glue.

Look through some magazines.

Choose at least five pictures or words that represent the dreams in your heart.

Stick them onto a piece of card to create your own Dreamboard.

Write a sentence about your dream eg 'A dream of my heart is to visit the beach'

