

Nurture Home Learning

<p>Everyday think about what zone you are in and think about what will help you stay in the green zone.</p>	<p>Design a board game about staying calm and happy.</p>	<p>Create a self-portrait of yourself and add speech bubbles to say what makes you AMAZING! 'I am amazing because...'</p>	<p>Every day write a diary and think about 3 things you are grateful for.</p>	<p>Play a board game with someone in your family. Demonstrate turn taking, sharing and good sportsmanship.</p>
<p>Make paper chains and on each chain write what makes you happy?</p>	<p>Go on a mindfulness scavenger hunt. Find something you can see... Find something you can smell... Find something you can hear... Find something you can taste... Find something you can feel....</p>	<p>Design a poster about being kind and a good friend.</p>	<p>Secretly show random acts of kindness for the people in your family. (E.g. help washing up, put clothes away, make a card for someone)</p>	<p>Find a story where the character feels happy. Find a story where the character feels sad. Find a story where the character feels angry. What would you say to them?</p>
<p><u>Talking Tin</u> In a tin collect some interesting things that you find in your garden. Explain to someone why you chose them.</p>	<p>Write a letter to Goldilocks to remind her to think of the Three Bears Feelings.</p>	<p>Everyday practise mindfulness. www.cosmickids.com</p>	<p><u>Guess The Emotion</u> Draw some emotions on post-it notes. Take it in turns to guess what emotion you have on your head by asking questions. Just like the 'Headbanz' game!</p>	<p>Take an emotion card. Keep it secret and act it out. Can your family guess what emotion you are showing?</p>

