

## **NON-SCREEN MONDAY**

### **PSHE Session 2 1.3.21**

**I can tell you about a time I didn't give up until I achieved my goal.**

Begin with a 'Calm Me' exercise. What did you try last week to calm down?

Take a big slow deep breath in while you count to 4, then blow out slowly while you count to 4. Repeat this a few times. Hold your tummy and feel the breath come and go.

Last week we read the story about the magical power of the word 'YET'. Lots of children told us about the things that they couldn't manage to do and found tricky at the moment. They can't do it....'yet'.

Can you think of something that **you have been able to improve**? What can you do now, that you couldn't do at the beginning of Reception? Perhaps you've learned to ride your bike or use a scooter with two wheels?

Parents, talk to your child about past experiences that they might not remember clearly, such as them taking their first steps, or eating with a spoon.

***Read this week's story: The best dress ever.***

This story is designed to be read in part by your child. You could use their reading as an example of a skill they have been working on and improving this year.

What was Zid trying to do in the story? Did she find it easy? What did she do when the job was tough and didn't go to plan?

**TASK:**

Send your teacher a message to tell them what you have found tricky and how you managed to overcome it. How did you overcome the difficult thing you were learning to do?

Make a list of things we can say to ourselves and each other when we are working on a tricky job and it's feeling really hard....What would you say to your friend if they were about to give up?

**This week, our maths jobs have lots of investigations and problems to solve. You will have to keep trying and may have to have several goes before you get the right answer. Remember to use the phrases your think of to help you keep going.**