

Feeling Good Week – 27.6.22.

<p>(Mindfulness and Meditation) Supporting Mental Health and Emotional Wellbeing. Yoga/Meditation/Breathing exercises. Yoga (Cosmic Kids).</p> <p>https://www.youtube.com/watch?v=U9Q6FKF12Qs</p> <p>Mindfulness Meditation for children. https://www.youtube.com/watch?v=VZ_wd_eog5Ek</p> <p>Rainbow breathing exercises (Go Noodle). https://www.youtube.com/watch?v=O29e4RMRv4</p>	<p>(DT) Celebrating different cultures through health snacks and drinks.</p> <p>https://www.primroseschools.com/blog/celebrating-different-cultures-through-healthy-snacks/</p> <p>Fruit drinks from around the world. For example; India - Mango lassi is a refreshing yogurt drink.</p> <p>Caribbean – Mango and banana smoothie. Take a look at the website below for more inspiration. https://www.bbcgoodfood.com/recipes/collection/snacks-kids-recipes (You can claim back the costs).</p>	<p>(PSHE) Discussions surrounding celebration of cultures/differences and how we can show respect.</p> <p>PowerPoint: Celebrating our differences presentation. Or PowerPoint: Respect. Activities in Feeling Good Week folder on server.</p> <p>Competition: Make a poster/card/comic strip in groups or individually to show how you could promote acceptance or respect. Include a catchy slogan or some empowering words.</p>	<p>(PE) Supporting physical health/wellbeing and promoting positivity.</p> <p>-Complete the daily mile every day.</p> <ul style="list-style-type: none"> • Team games. • Ball games. • Parachute. • Tennis. • Hockey. <p>Teachers to give every child a positive comment on how well they performed in the activity.</p>
<p>(Geography) Understanding and respecting cultural differences.</p> <p>Compare and contrast our environment to that of a child living in Africa. Explore clothing, songs, customs and foods.</p> <p>Alternatively, pick a child from your class with a different cultural heritage and research their celebrations and customs.</p> <p>Our Forest School Leader – Caroline Evans will be working with year groups and organising activities.</p>	<p>(Art/DT) Recognising respect and celebration. https://intheplayroom.co.uk/crafts-around-world/</p> <p>Let the children paint a picture of Mexican Folk Art Amate using pointillism. Let the children use the junk modelling/ glue to make a model which supports acceptance. Use clay to make a symbol which depicts respect or celebration. Hemel Rock – Paint an image or a slogan on a rock to show acceptance, respect and celebration of all children. Make a piece of multicultural jeweller i.e. bracelet/necklace.</p>	<p>(Circle Time Activities) Discussing acceptance and how we can improve our School.</p> <p>Discuss how important it is to you to feel accepted. Has there been a time when you haven't felt this way? How can others support you to do this and what strategies could they use? How do you feel now? How could South Hill School help you to feel more accepted and let your School Counsellor know ways we can help you. We can help you change our School policy.</p>	<p>(Dancing/Music) Go Noodle – Learn. Supporting physical health and wellbeing. https://www.songsforteaching.com/diversity/multiculturalism.htm</p> <p>Dancing: Zumba Country dancing Line dancing Street dance Bollywood dancing</p> <p>Outdoor Karaoke lunchtime with Pete (To include songs from different ethnicities and cultures).</p>
<p>(English – Reading) Learning to understand and celebrate people's cultural heritage.</p> <p>Read multicultural texts to your class. Examples below. Mix year groups. Older children to read to younger peers.</p> <div data-bbox="35 1225 163 1382" data-label="Image"> </div> <div data-bbox="186 1225 338 1382" data-label="Image"> </div> <div data-bbox="351 1225 504 1382" data-label="Image"> </div>	<p>(Writing/Reading) Recognising and respecting cultural differences.</p> <p>Make a class book which shows why each child is special. Children to write captions. Why not include photographs from photo booth. Write a letter poem about your strengths. Spend some time in the School library researching what it means to show acceptance/respect and celebration. Use this information gathered to create a short article using ICT for our School newsletter and Wellbeing page. Write a letter/card to someone in a care home.</p>	<p>(Hosting a coffee morning) Links with the local community and supporting mental and emotional wellbeing in a wider context.</p> <p><u>Year 6 and School Council.</u></p> <p>Host or visit a coffee morning for a local care home. (Tracy M PTA) knows a local care home we could attend and has lots of contacts. Care home does have mini-bus.</p>	<p>(End of the Week Activities) Celebrating children's talents.</p> <p><u>South Hill got Talent.</u> Children demonstrate their wealth of skills and diversity through gymnastic, poetry, magic, dance and songs. (Children practise through and then have auditions in the week and teacher picks one act from each class to showcase to whole school).</p>

Theme: is body positivity.
How to promote acceptance, respect and celebration of all children and young people for who they are and tools that can be used to support good mental health and emotional wellbeing.

Mrs Donley and Mrs Albery
Begin week with an assembly with , where we will also introduce our new South Hill Peer Mentors who are in year 4 and year 5.

Wednesday. Photo booth in School and props. (KA speaking to PTA for funding). Children to keep photographs as a momentum.

Wednesday at 2pm: Festival, with Mrs Toms and Mr Braithwaite. Make a snack and eat on the field.

Friday at 2pm. South Hill's got talent. One entry per class or year group.