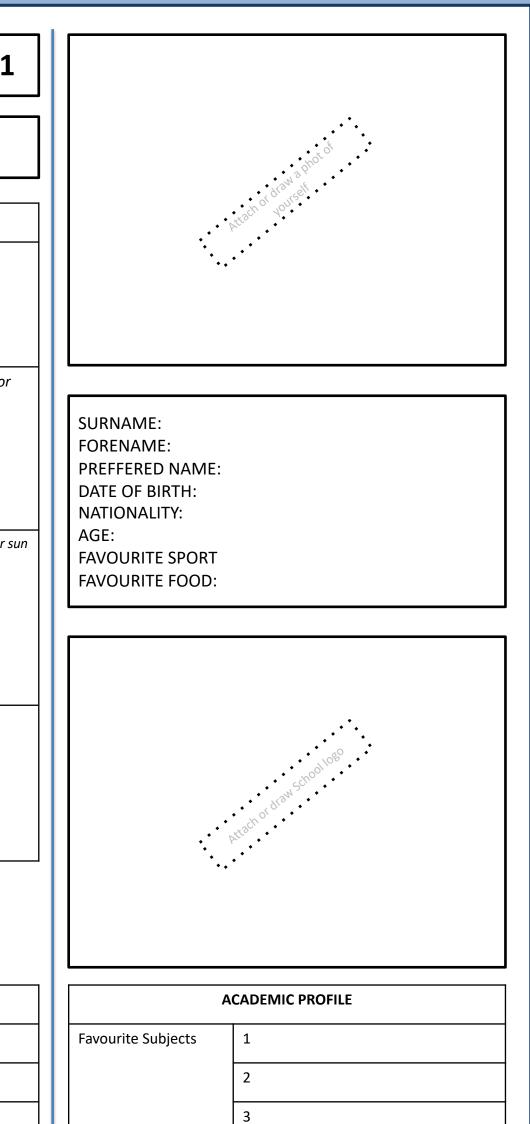
NAME: **LEARNING FROM** HOME PACK **Teacher: Class:** Contents: OBJECTIVES BJECTIVES ECTIVES **Progress Passport** 1 To celebrate the good things in life and what we have in common **Identity Boots** 2 with others in Britain To understand how to look after your own personal wellbeing **3**Personal Wellbeing Tips whilst away from school To celebrate St Georges Day and the promotion of British Values Self Esteem Tree 4 Sharing knowledge 5 VELLBEIN Write a book Review 6 Play I little 7 Spy at home World Cup Challenge 8 **Design a Football** 9 Kit **Debating Challenge** 10 i Hel 11 Human Rights Jigsaw Challenge St George's Peace 12 Doves 13 Design an Aeroplane **Building a new** 14 Parliament CRE8TIVE RE81 Encouraging 15 CURRICULUM student to read Create a Fair Trade 16 Supermarket Van

PROGRESS PASSPORT 2020-2021

SCHOOL:

	TARGET SETTING 2020 -2021	
Target I Target I would like to set myself linked to my school lifeE.G I will try to focus more in my Music lesson		
Target 2 Target I would like to set myself linked to my home life	E.G I will try to do more chores around the house or keep my bedroom tidy	
Target 3 Target 1 would like to set myself linked to my personal wellbeingE.G I will take time to enjoy watching either the sunrise or sun set once a week		
Who can help you to achieve these targets?		
How are you feeling?		
What are you most 1 excited about this year? 2 3		
Best friends na	me(s)	
What are you n nervous about?		



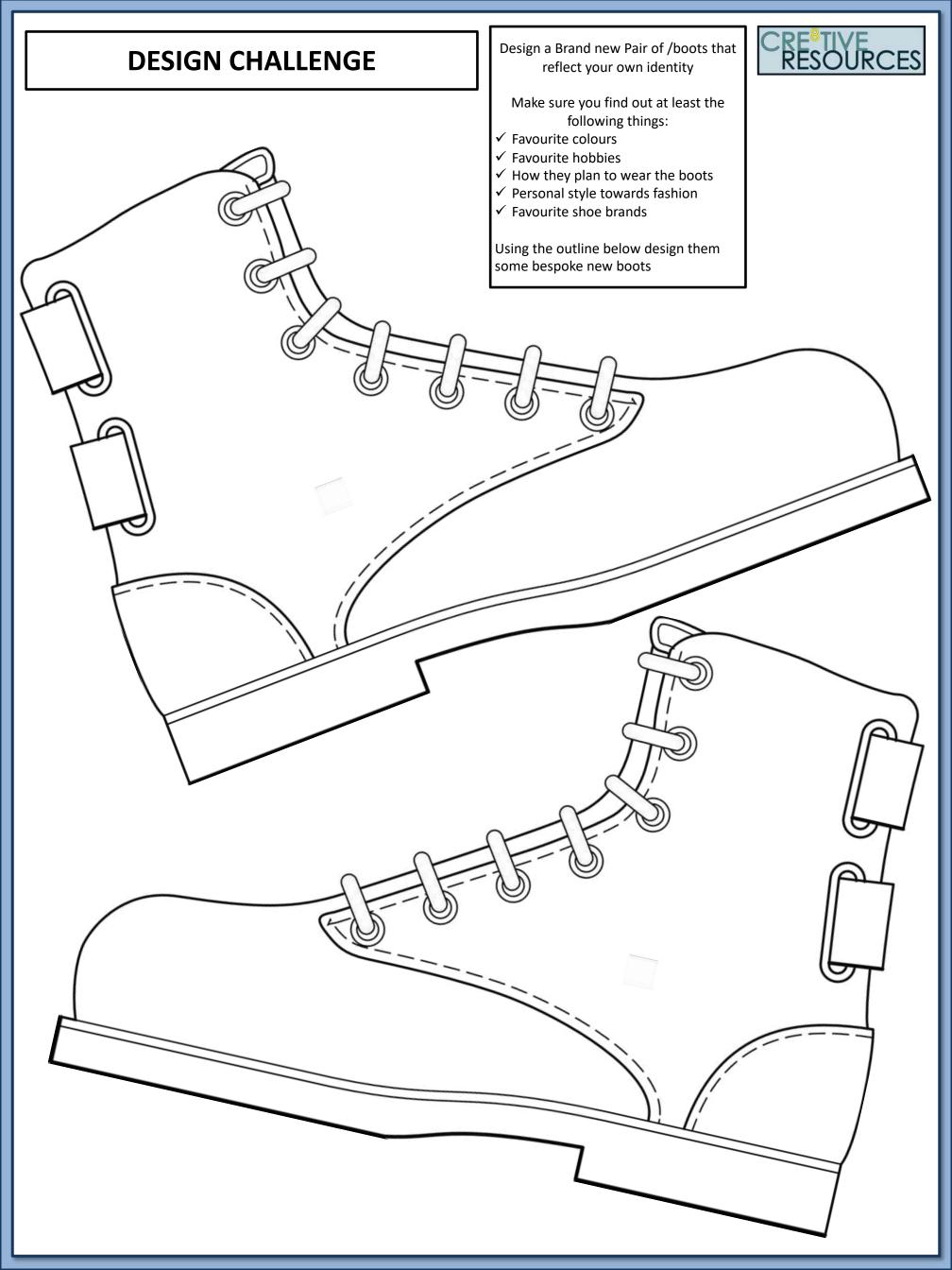
Strongest subject

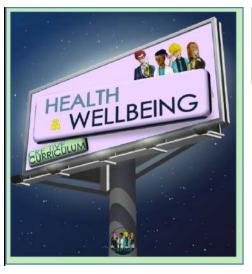
Subjects you would like to improve

1

2

3













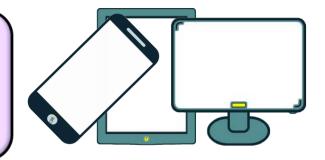
What is positive wellbeing?

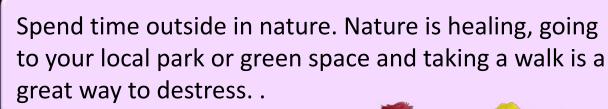
It is a state of overall good health in both body and mind and can include:

- Intellectual (cognitive stimulation such as problem solving puzzles),
- Spiritual (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- Social (building relationships and community support through friends and family and neighbours etc.)
 - Physical (Movement, whether in sports or walking, movement that brings joy.)

11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF SCHOOL

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



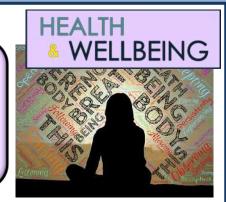


Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills





Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily. Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.





Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

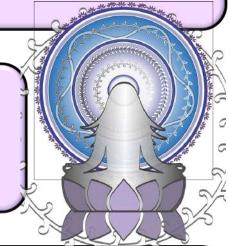
Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.

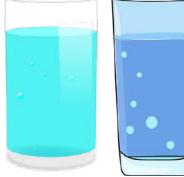


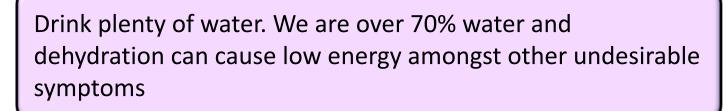


Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.

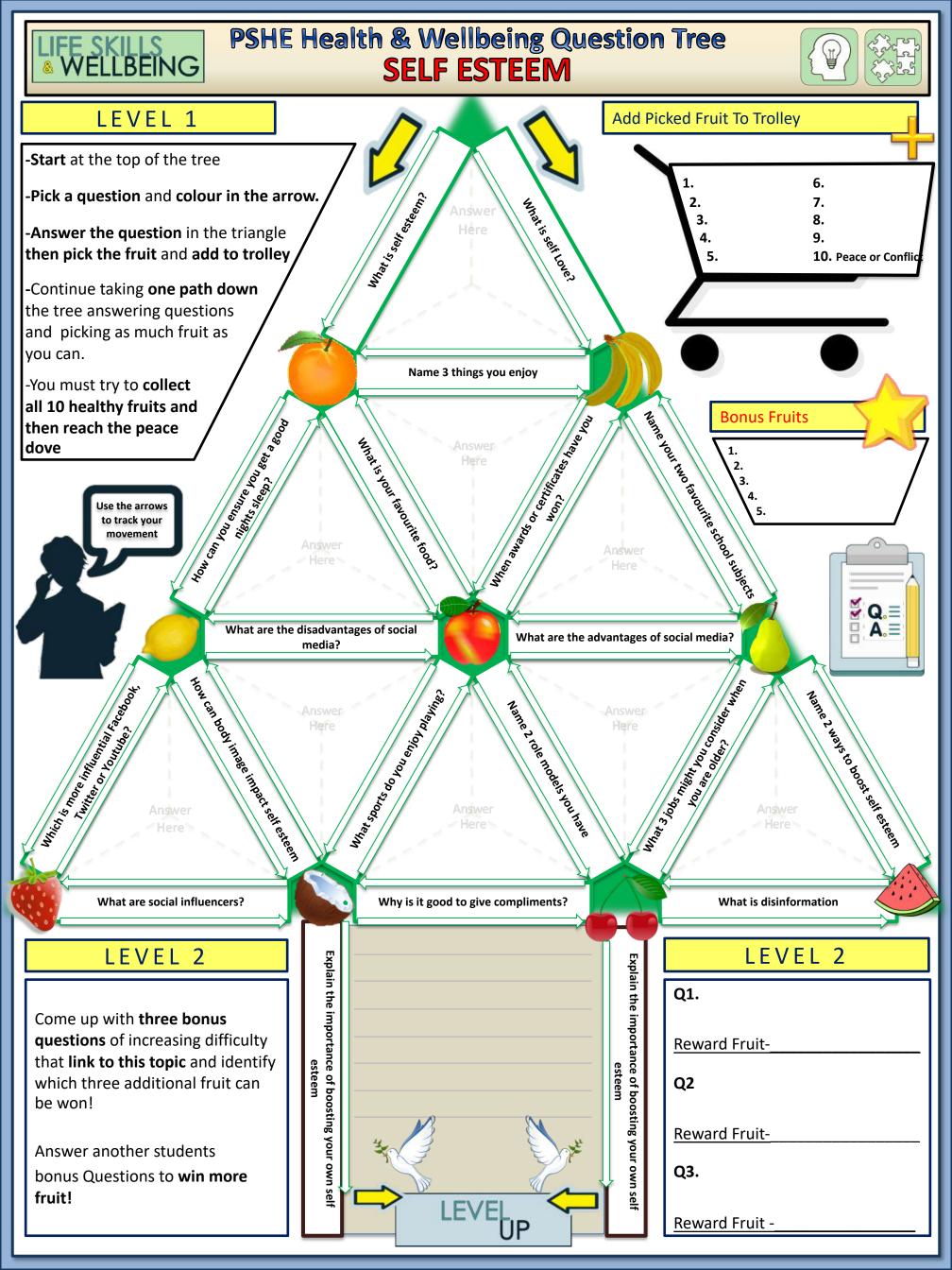


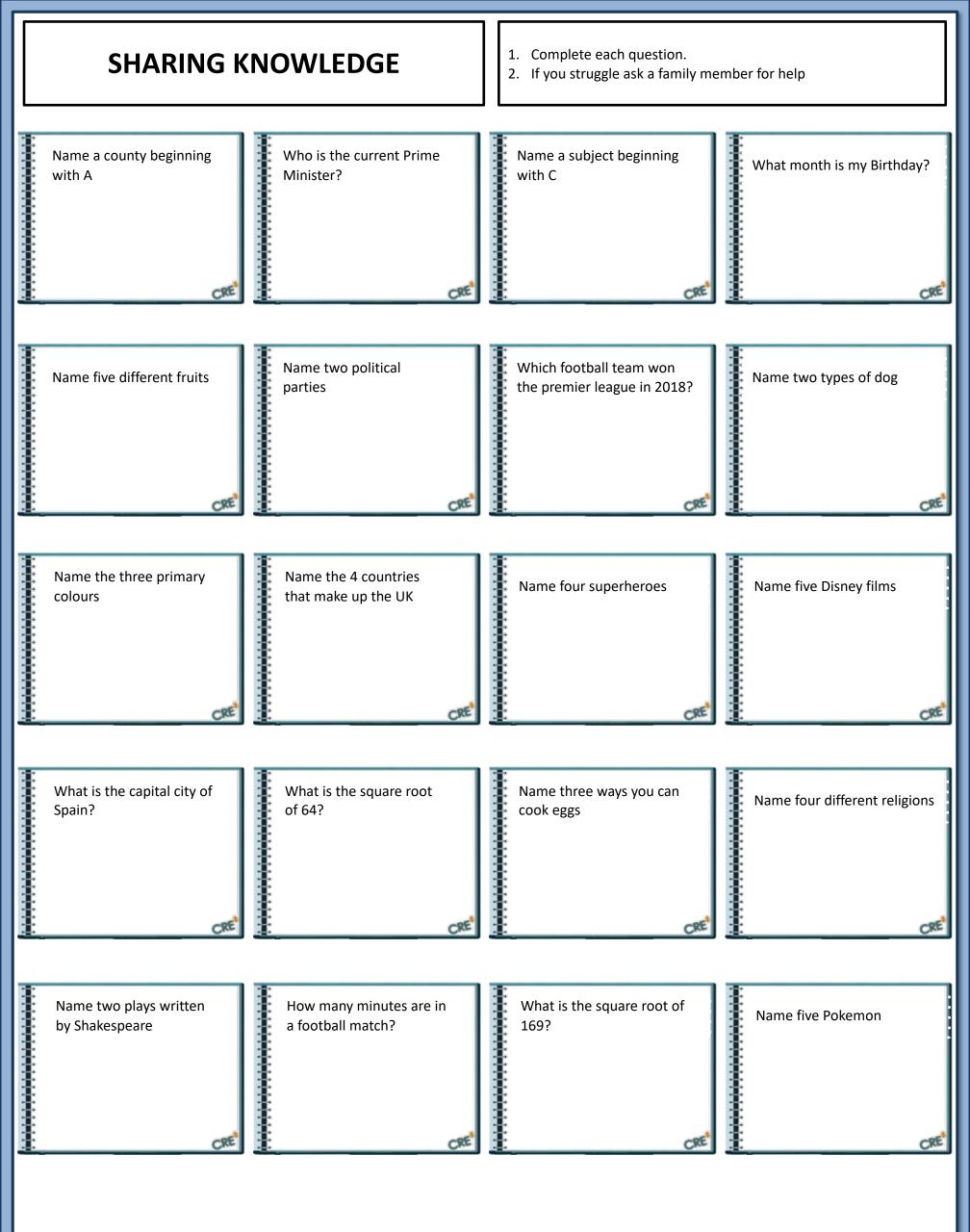




Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.

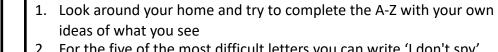


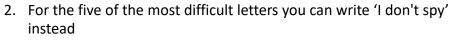




MY BOOK REVIEW		Fiction CRE ⁸ TIVE
Title: Author: Illustrator:		Non-fiction RESOURCES
Write a quick text message explaining what the book was about		Describe the setting of the story Non-fiction: What do you learn from the book?
	Who would this book be most su for? ✓ ✓ Four hashtags to summarise th #	
Fiction: Think about the plot	 Create a quick mind map of the and how they link with each oth	
<image/> <text></text>	How many stars would you give	this book?

I SPY WITH MY LITTLE EYE





3. Extension: Once you have completed your own ideas can you find a second item for each letter

Letter	Inside the House	Second item	In the Garden
А			
В			
С			
D			
E			
F			
G			
Н			
I			
J			
К			
L			
М			
N			
0			
Р			
Q			
R			
S			
Т			
U			
V			
W			
Х			
Y			
Z			



Clue: Think about names of people in the room, displays on the wall, what you see on TV



IDENTIFY ALL 32 PARTICPATING COUNTIRES IN THE 2018 FIFA WORLD CUP

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

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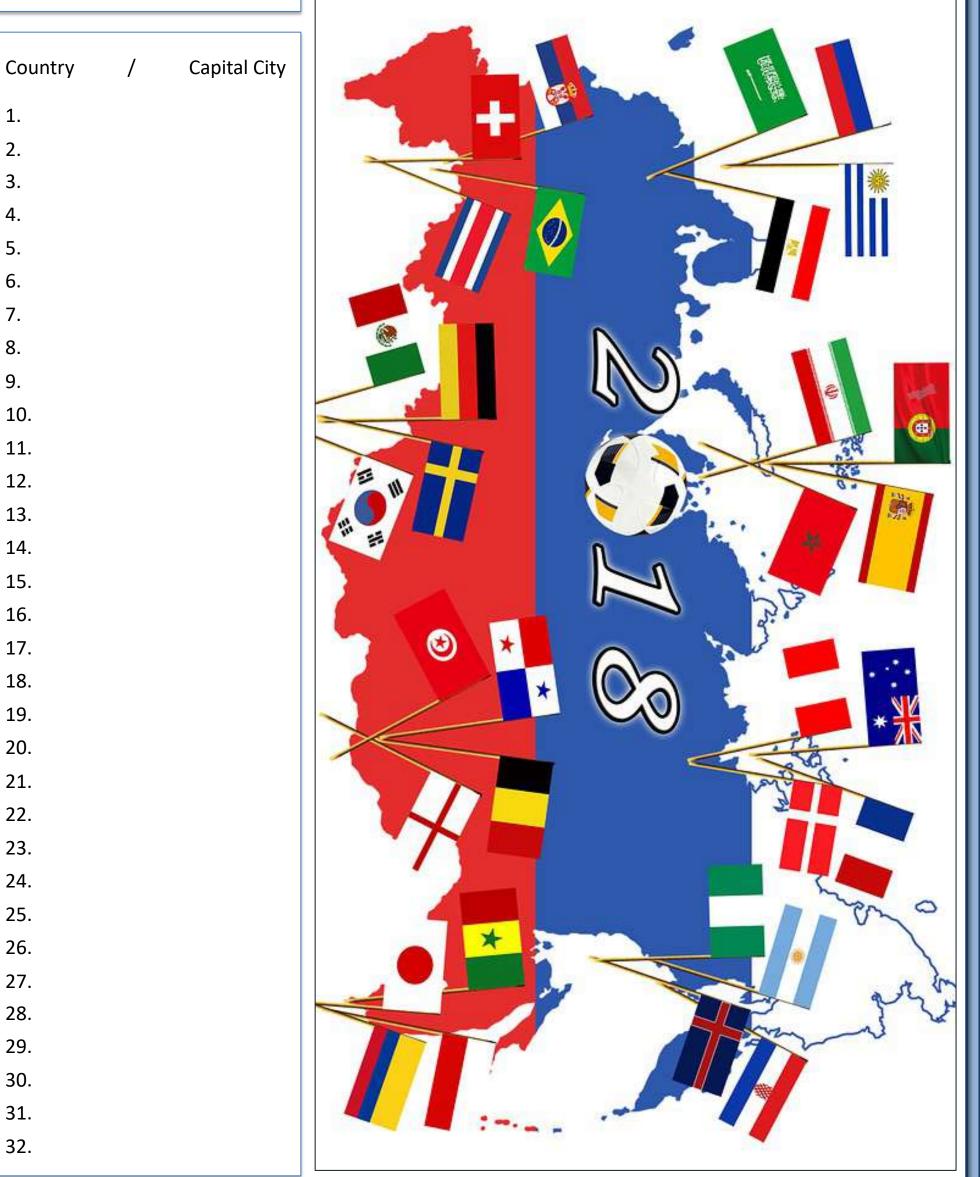
30.

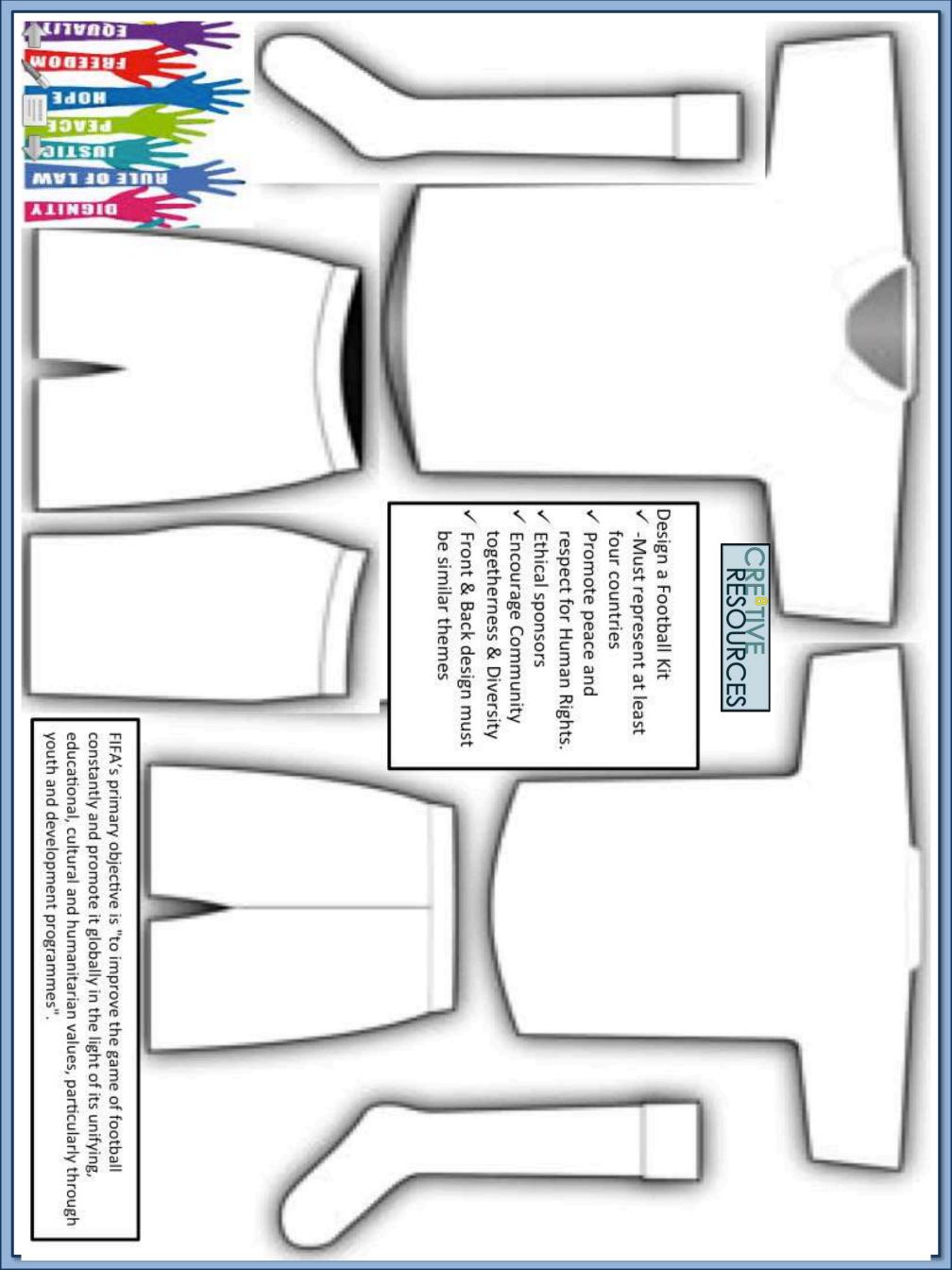
31.

32.

EXTENSION: Can you name any of the capital cities?

ACTIVITIES







"PE is the most important subject in school"

Argument For	Arguments Against

Your personal opinion :



"Students should be banned from playing computer games"

Argument For	Arguments Against
· · · ·	

Your personal opinion :

"Schoo	uniforms should be banned in primary schools'	,
rgument For	Arguments Against	



ACTIVITY

Human Right 1	Human Right 2	Human Right 3	Human Right 4	Human Right 5
We are all born free and equal	Don't discriminate	The right to life	The right not to be a slave	No one should be <u>tortured</u>
Human Right 6	Human Right 7	Human Right 8	Human Right 9	Human Right 10
You have rights no matter where you go	We are all equal before the law	Your human rights are protected by law	No unfair imprisonment	The right to a trial
Human Right 11	Human Right 12	Human Right 13	Human Right 14	Human Right 15
We're always innocent till proven guilty	The right to privacy	The right to move	The right to seek a safe place to live	The right to a nationality
Human Right 16	Human Right 17	Human Right 18	Human Right 19	Human Right 20
The right to marriage and family	The right to own things	Freedom of thought	Freedom of expression	The right to public assembly
Human Right 21 The right to democracy	Human Right 22 The right to social security	Human Right 23 Workers rights	Human Right 24 The right to play	Human Right 25 Food and shelter for all

- 1. Pick a Human Right from above and research how it is protected around the world and how sometimes it is abused.
- 2. Using your research create a jigsaw piece about the importance of this Human Right so it can form one part of a jigsaw blanket of protection for citizens of the world
- 3. Cut your jigsaw piece out and add in to the blanket of Human Rights protection

HUMAN RIGHT I HAVE CHOSEN:

I CHOSE THIS HUMAN RIGHT BECAUSE......

HUMAN RIGHTS JIGSAW CHALLENGE

CRE⁸TIVE RESOURCES

Plan 1	Plan 2	Human Right chosen Human
Write a paragraph to explain why you be organisations protect Human Rights acre		governments and international



THEME OF ST GEORGE

St George's Day is also knows as the feast day of Saint George

St George's Day is celebrated on the 23rd April every year

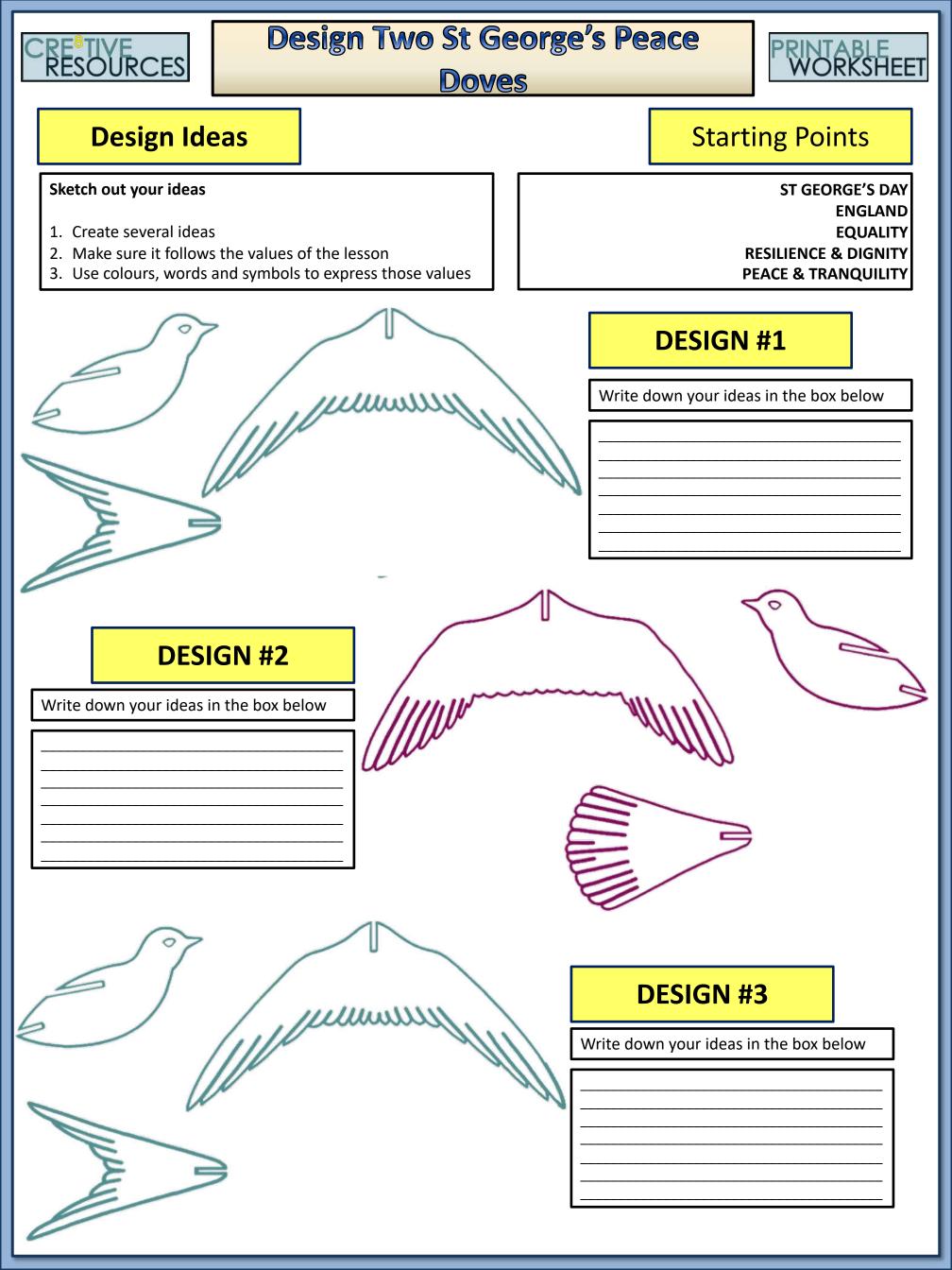
St George was a Roman Soldier It is believed Saint George slayed a dragon to rescue a princess

WORKSHEET

The name George in Greek derives from 'Farmer'.

St George's Day celebrated the death of St George







Design a Peace Plane



Design Ideas

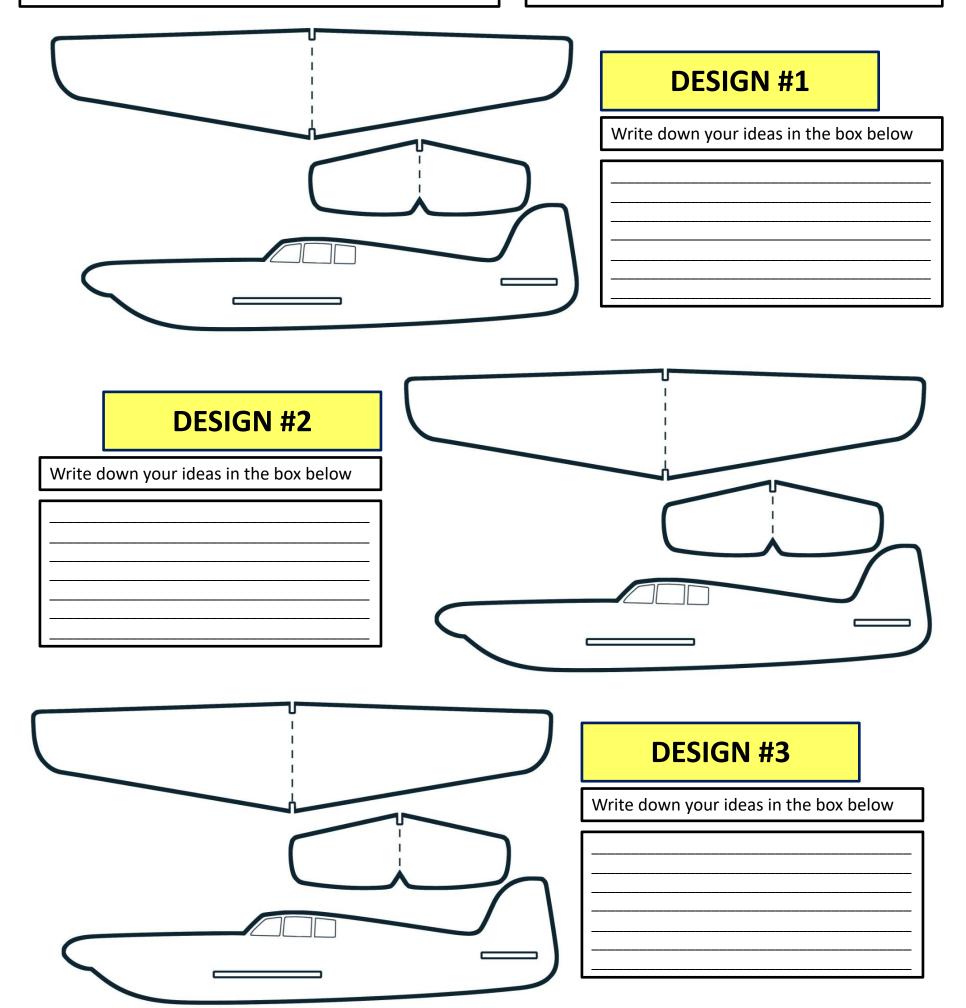
Sketch out your ideas

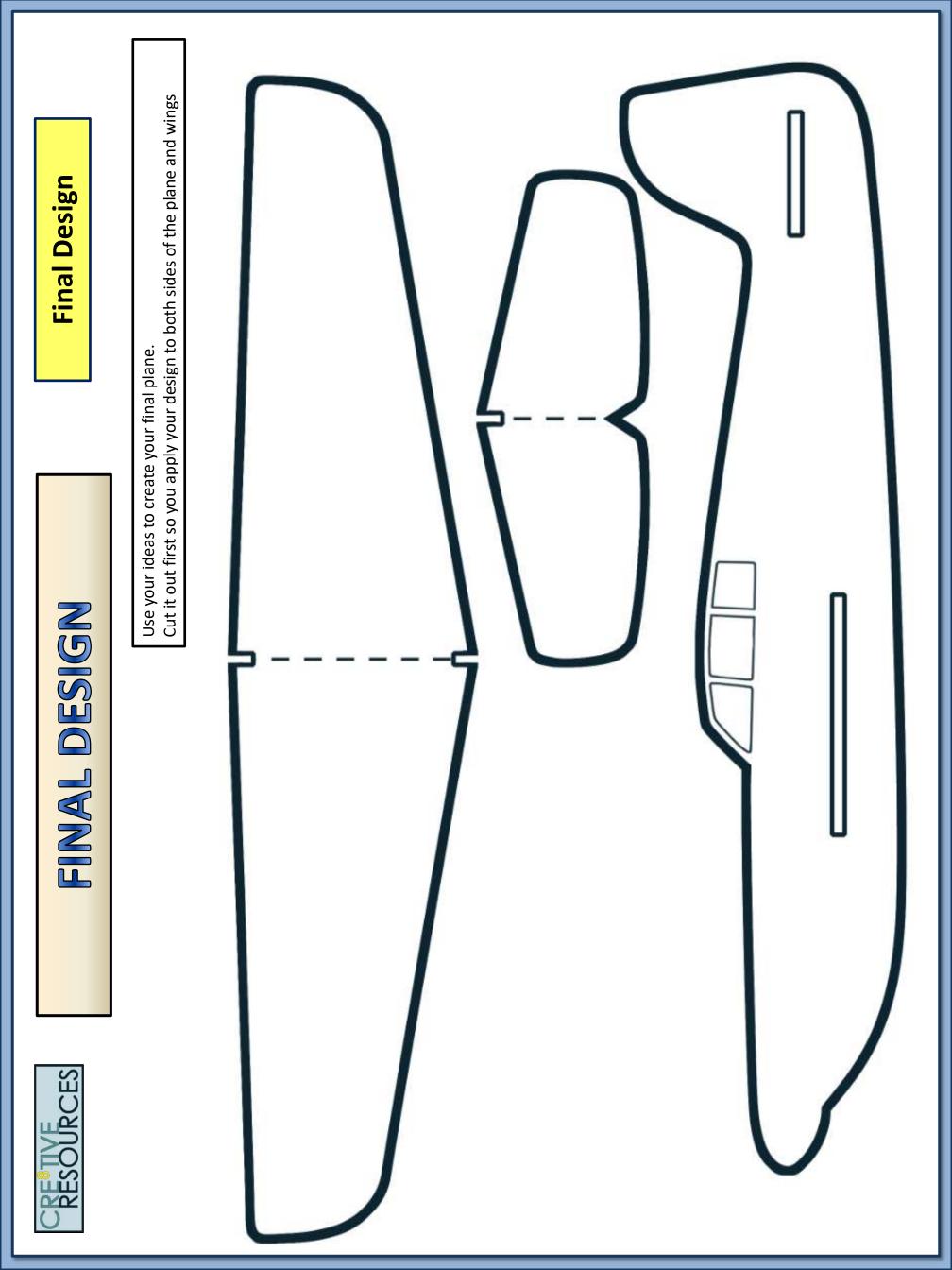
- 1. Create several ideas
- 2. Make sure it follows the values of the lesson
- 3. Use colours, words and symbols to express those values

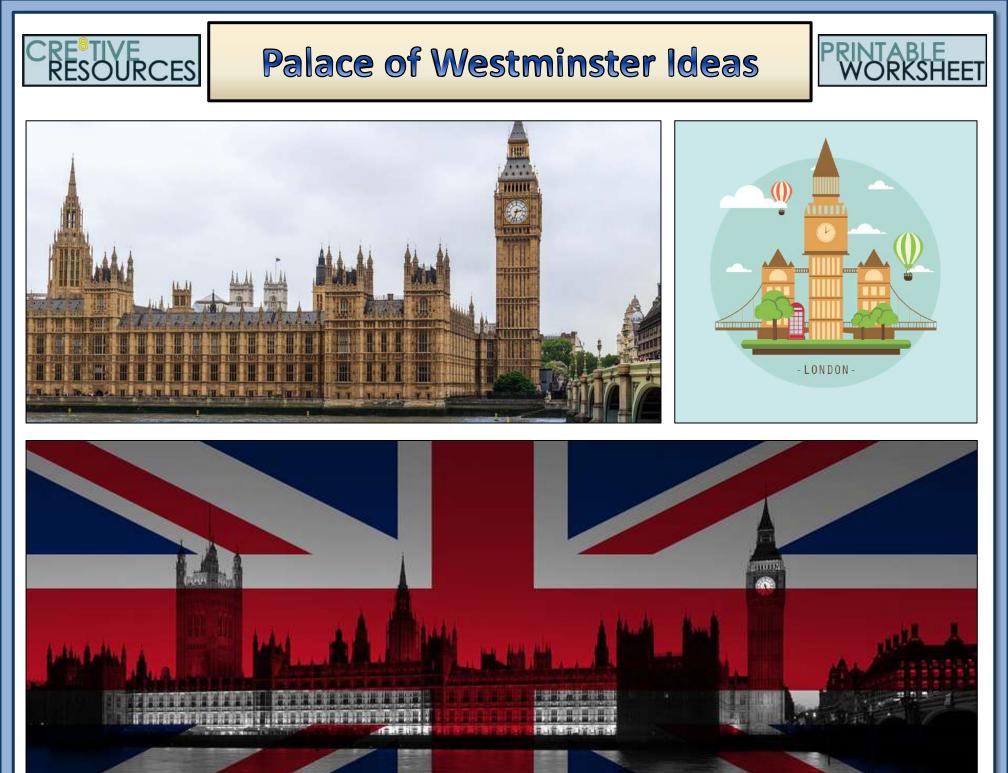
FREEDOM RESILENCE

Starting Points

REMEMBERANCE PEACE COURAGE LOYALTY & PATRIOTISM









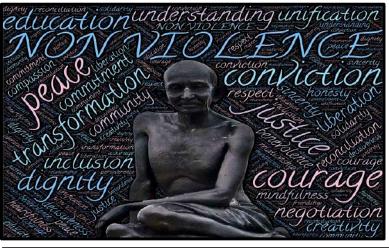




British Values and Multiculturalism Ideas





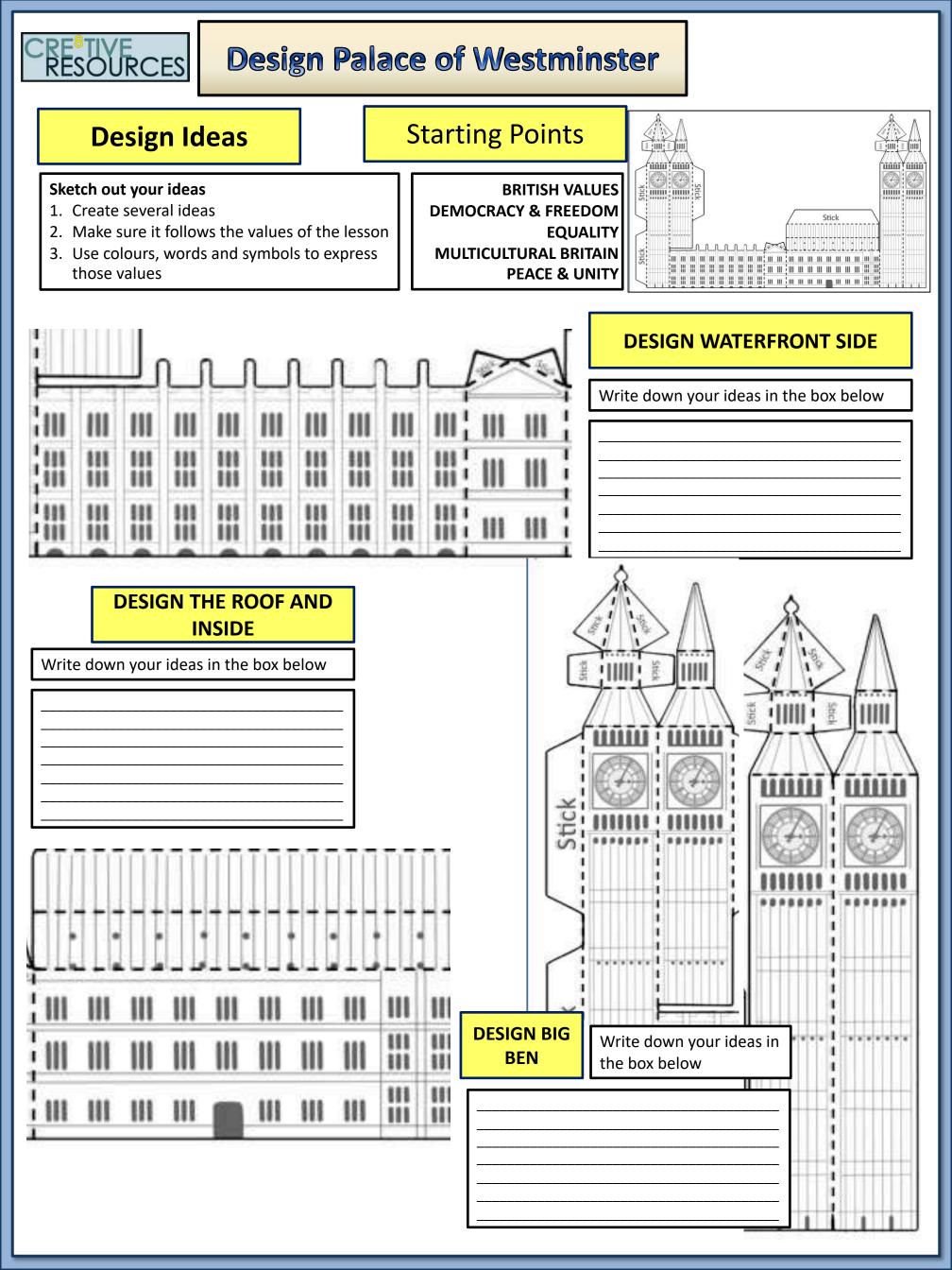






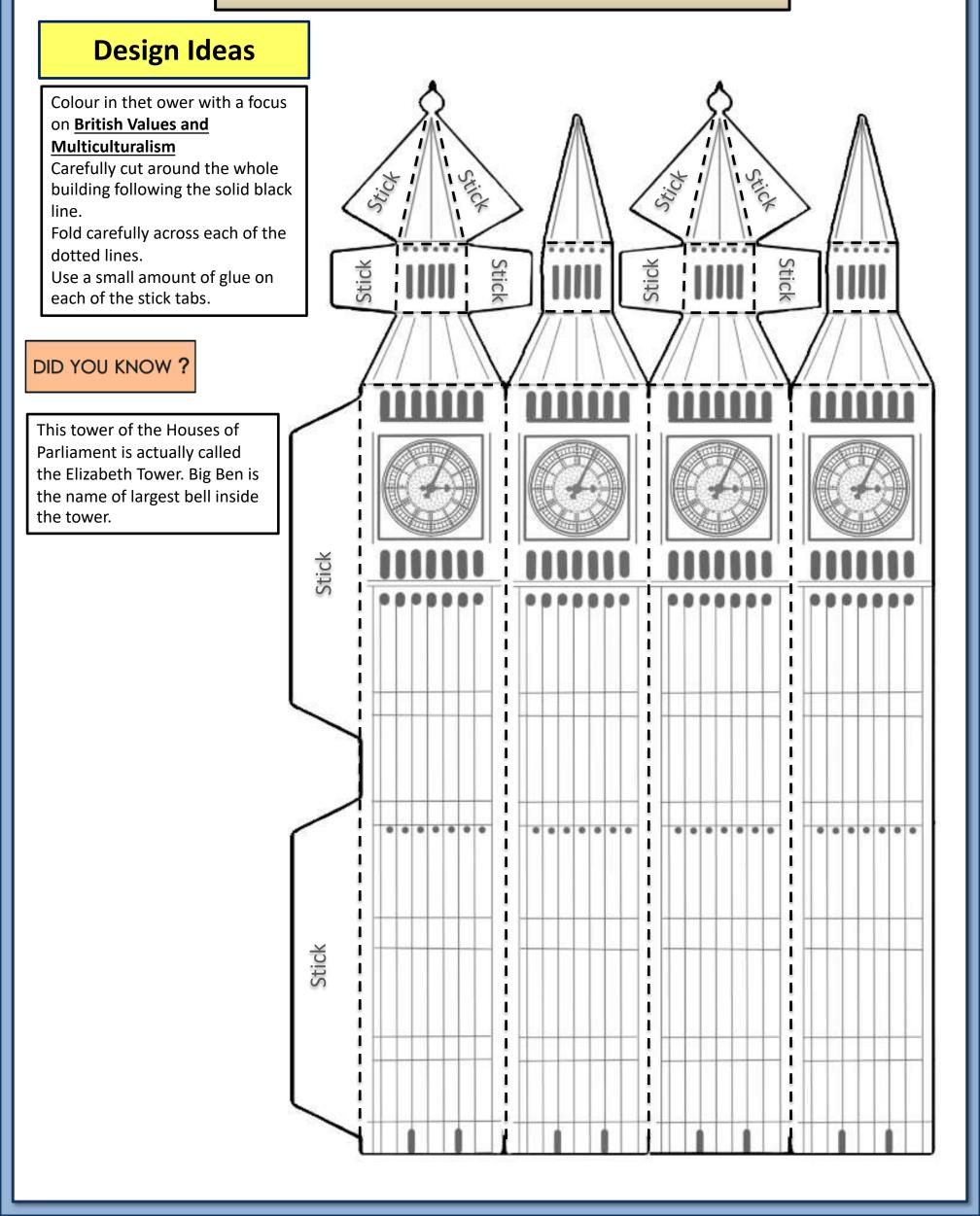


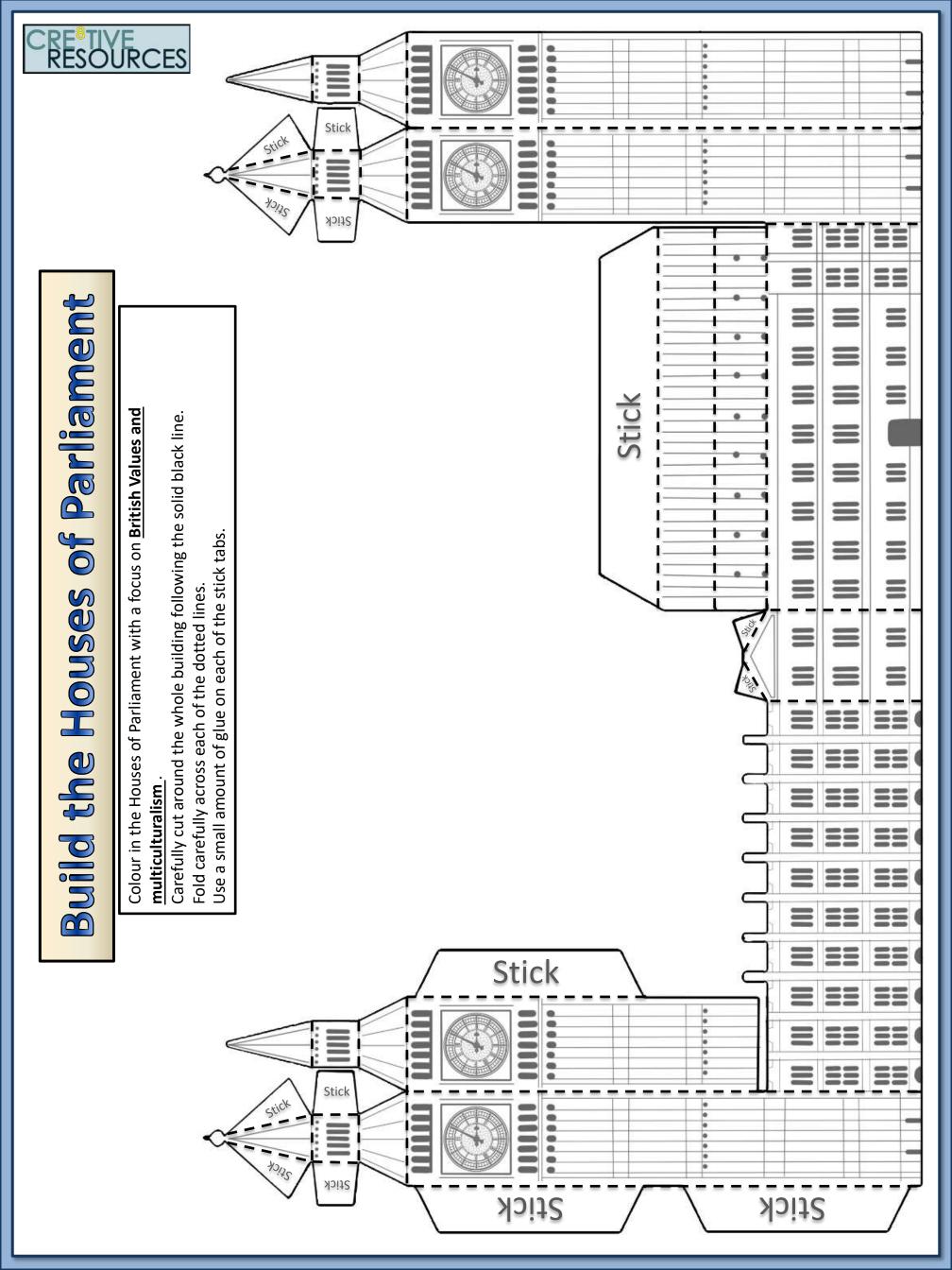


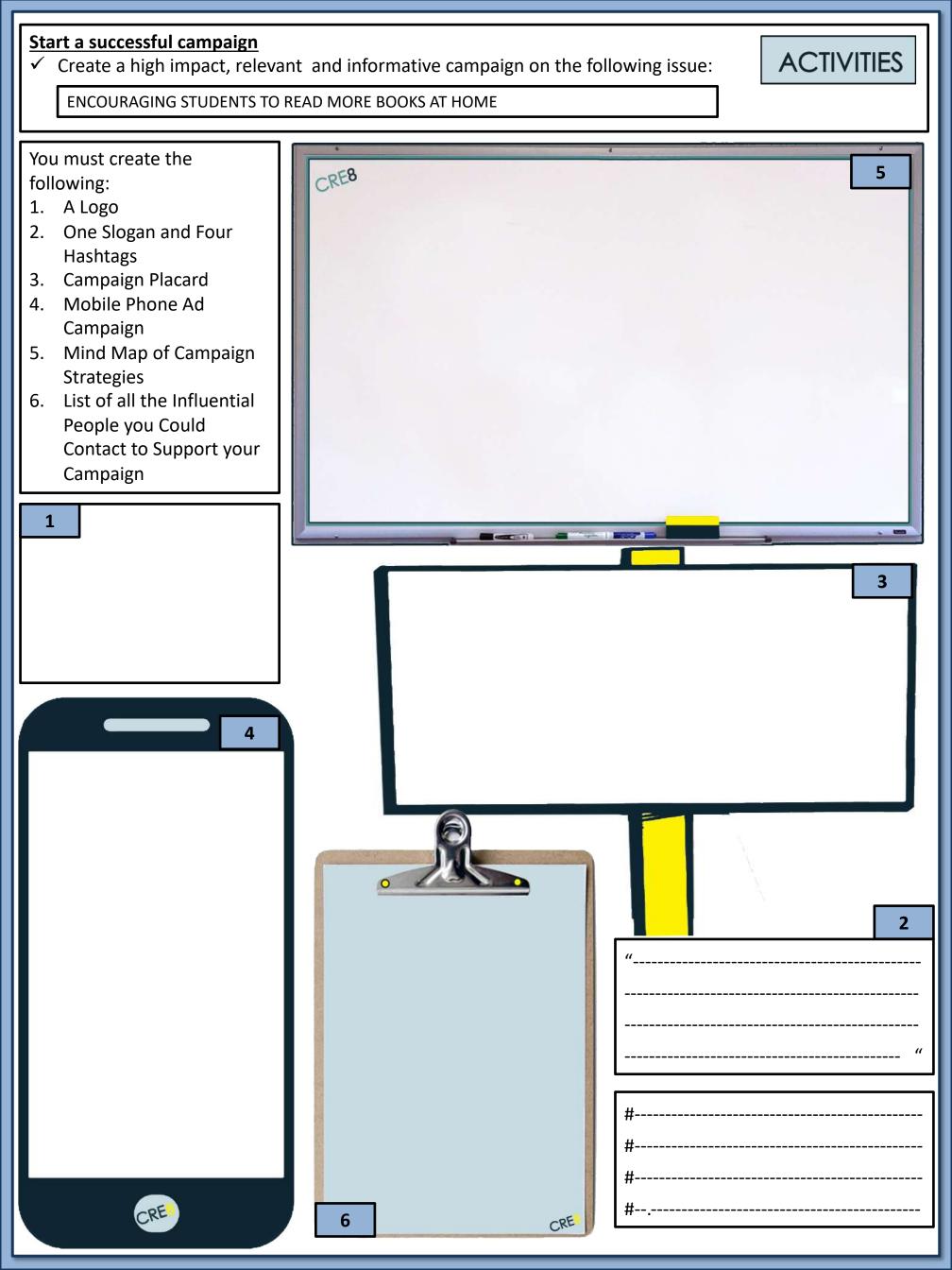




Build Big Ben









"Being kind is more important than being rich"

Argument For	Arguments Against
Your personal opinion :	



"The most important skill in life is to be able to use a computer / Internet"

Arguments For	Arguments Against	
Your personal opinion :		

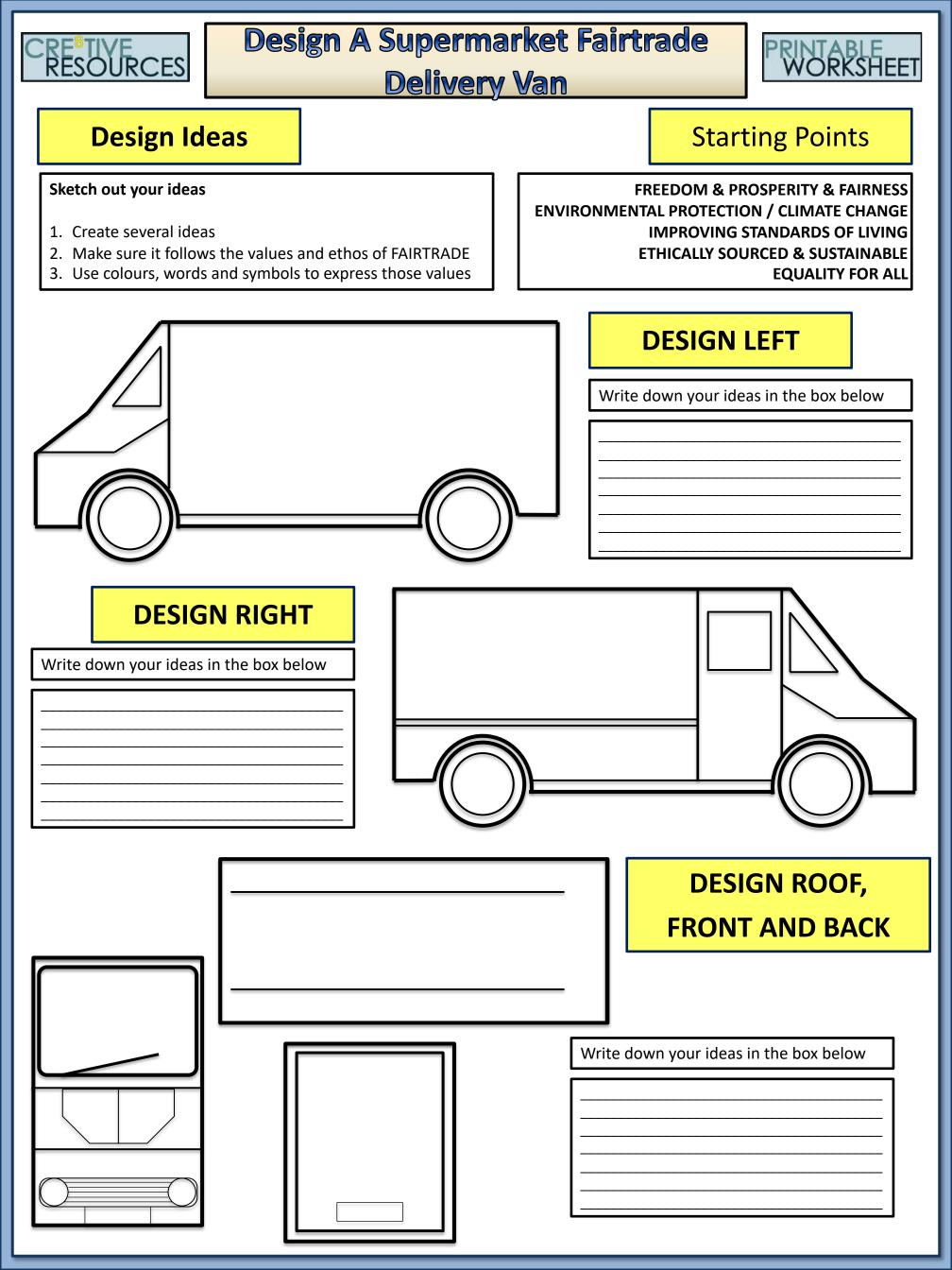
"Reading is boring when compared to computer games"		
Arguments For	Arguments Against	
Your personal opinion :		

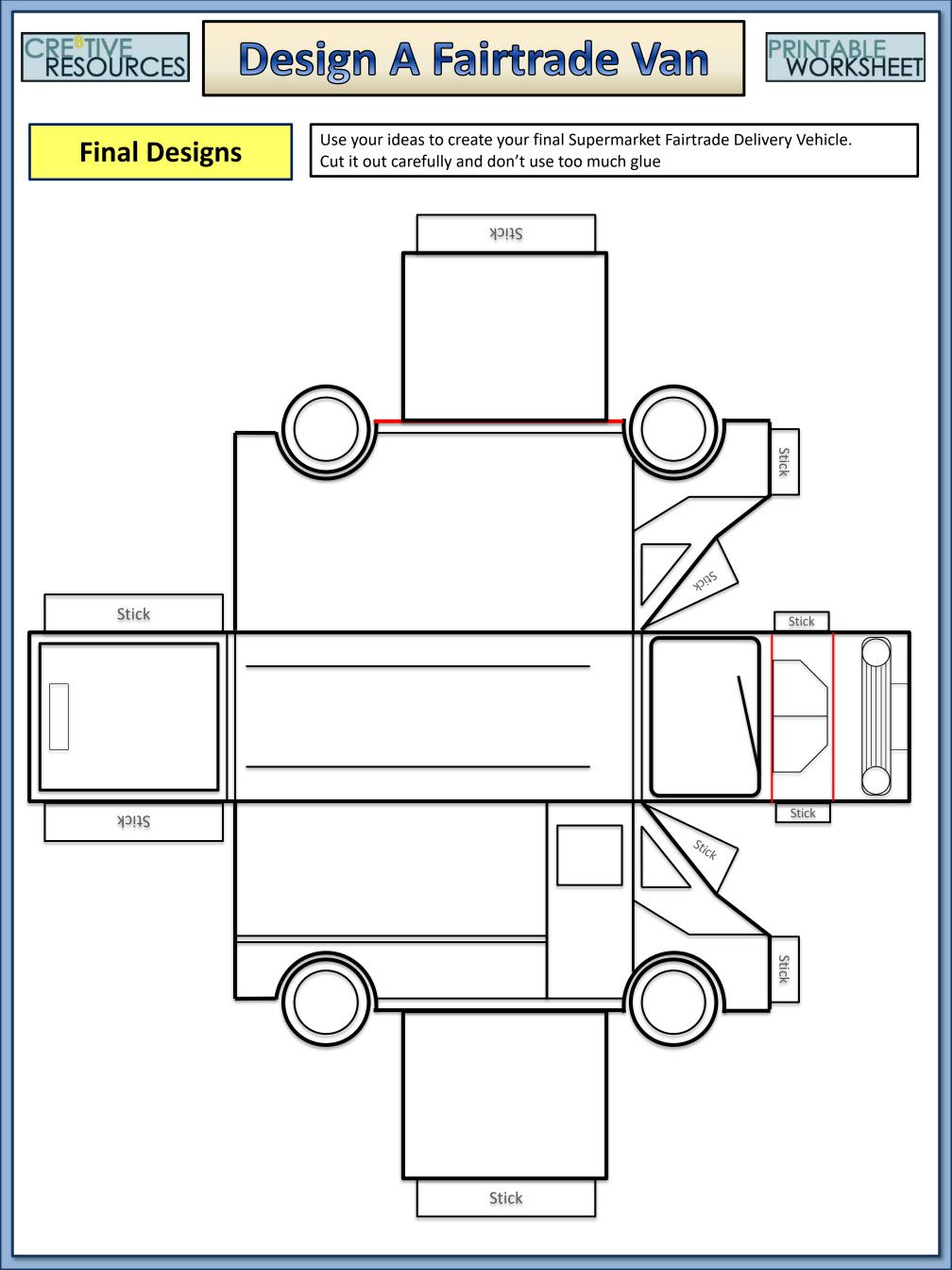


THEME OF FAIRTRADE

PRINTABLE WORKSHEET







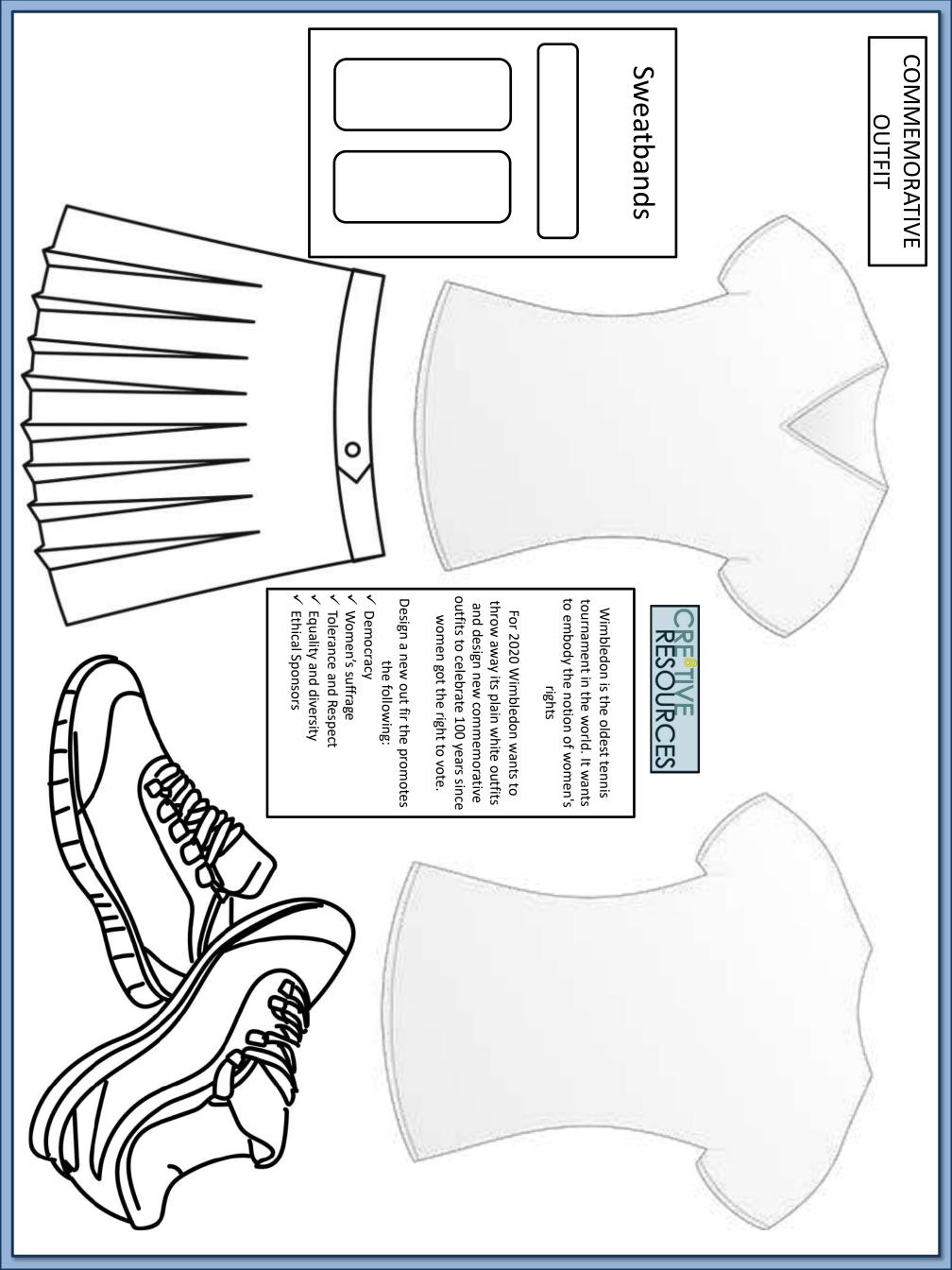
NEWS REPORTER

Pick an event in the news that is not the Coronavirus . Write a newspaper article about it and find a picture that fits in with the news paper article you are creating.

Headline:

Subtitle:

	Picture:
Picture:	
Adverts:	
Written by:	



RESOURCES

HISTORY OF VOTING RIGHTS

SORTING ACTIVITY

