

Reception PSHE Week Commencing 8th March 2021

LO: To identify emotions and how to manage them.

Listen to the colour monster and with a grown up how many feelings where there in the story?

Is there a time where you felt one of those emotions? Why did you feel like that? E.g. I lost my toy

In that situation what can you do that would make you a happy monster? E.g. play with someone else.

When we are feeling a bit sad or angry it is helpful to focus on ourselves and listen to our breathing. Follow the breathing exercise that you can use next time you are feeling upset:

<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

LO: To reflect on my feelings returning back to school.

Read the story 'Rose returns to school' and discuss with a grown up the following questions:

- Why do you think Rose felt nervous about going to school?
- What was the best thing about lock down?
- How do you feel about coming back to school?
- Do you think grown-ups could feel the same about lock-down?

LO: To understand what a growth mindset is.

Watch the video about growth mindset:

<https://www.youtube.com/watch?v=rUJkbWNnNy4>

Talk to a grown up what you think growth mindset is.

Now listen to 'Giraffes can't dance':

<https://www.youtube.com/watch?v=aQMDaPRhAOI>

Which characters have a fixed mindset and which have a growth mindset?

LO: To create a self-portrait inspired by growth mindset.

Follow the presentation, have a go at creating your own Picasso inspired self-portrait.

Then on a speech bubble write a motivational sentence to look at when you have a fixed mindset.



