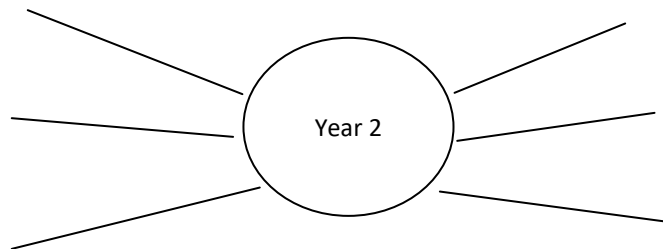


English Week 12 Day 2

Today we will be thinking a bit more about next year. We will be creating a mind map of the things that we are excited about and the things that we are worried about. Some things you may think about are: What are you excited to learn about? Who will my teacher be? What trips might we go on? Will the work be hard?

Excited



Worried

Now can you write these ideas into full sentences. I am excited about next year because... When I get to year 2 I am looking forward to... One thing that is worrying me is... I feel unsure about...

What is important now is to think of ways that we might overcome these worries. Make a list of a few strategies you can use to help you. Such as... Talking to my parents, Talking to my teachers. What other things might you do to help you feel less worried? Remember it is ok to feel worried just make sure you let your adults know. You can do anything! You are a Superhero! You are brave and smart, strong, kind and unique. Challenges help us to grow! And everyone at school is here to help you.

I AM CAPABLE
I LOVE TO LEARN

I AM BRAVE
I AM SMART
I AM CREATIVE
I AM STRONG

My future is
Bright

I CAN

COUNT TO FIVE ON MY FINGERS WHEN I BREATHE IN, AND AGAIN WHEN I BREATHE OUT.

I CAN

GIVE MYSELF A HUG, SQUEEZE TIGHT!

I CAN

SMELL THE FLOWERS AND BLOW OUT THE CANDLES.

I CAN

TAKE A MINDFUL WALK.

I CAN

SING THE WORDS TO MY FAVORITE SONG.

