



This half term, we wanted to focus on you, your mental health and your future. The activities are designed to make you think about you, your thoughts and beliefs, as well as what you want for

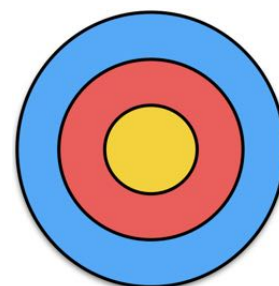
Task One

Complete the who's who Kahoot quiz, then answer these questions.

- 1) Did any of the answers surprise you?
- 2) Have a think why they surprised you.
- 3) What is a stereotype?
- 4) Would you like to do any of these careers?

Task Two

Draw a target board on a piece of paper. In the middle, write your own name. In the second circle, write down things that you are already good at. In the third circle, write down things you would like to get better at. Outside the circle write down things you have never tried, but would like to try in the future.



Task Three

Create a comic strip of your favourite moments in Year 5. You could do this on a piece of paper, or on the computer if you would like.

Challenge: Think about what each event you have chosen taught you. Think about if you would have done anything differently. Think about why you picked this moment

Task Four

Changing Me—Draw the outline of a person. If you don't want to draw a person, just split a sheet of paper in half. On the left hand side, write down everything you are proud about from this year. On the right hand side, write down any questions you have or worries you have about Year 6.

We encourage you to share this with us via Twitter or email it so we can try and answer your questions. Make this as creative as you wish.

Task Five

As part of looking after your mental health, you need to be able to tell when you are stressed. Stress is when you feel uncomfortable or worried about something. It could be a test, or some homework. It could be a change that you know is coming like getting a new teacher. Think about what stress may feel like? It's not the same for every person. Ask your parents or siblings what they feel when they are stressed. Think about how you can help yourself feel less stressed. If you are stuck check out this:

<https://www.youtube.com/watch?v=hnpQrMqDoqE>—Managing Stress BBC Thinksmart



Task Six

Think about what you want to do when you are older. What is your ultimate goal? For example, when Mrs Hickling was at school she wanted to be an artist.

After you have decided what you would like to be, try to find out how to say it in French.

Try to put it into this sentence

Quand je grandis, je veux etre...

When I grow up I want to be...

Task Seven

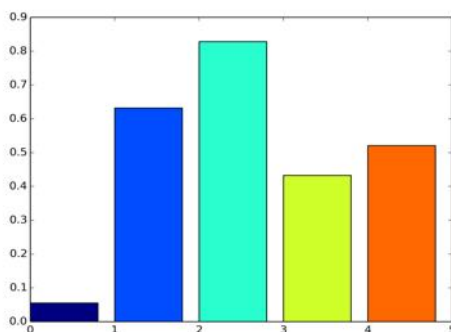
In the past, a coat of arms showed what a family stood for. For example the coat of arms below shows that this family valued strength (the bull), creativity and magic (the griffon) and their faith (the priest).



Create your own coat of arms to show what you stand for, and what is important to you. You can do this in any way you wish. You may wish to make your coat of arms using resources you have at home.

Task Eight

Speak to the people you live with and other people in your family. Ask them what they wanted to be when they were your age. Have a go at creating a bar graph to show this. If you aren't sure how to draw a bar graph, there is an example below. Try to ask at least ten people. You can include Mrs Hickling in your bar graph if you wish.



Task Nine

Using your research skills, find a person you aspire to be like. This could be a celebrity or someone in your family.

Create something to share what you found out and explain why you want to be like them. You may make a poster, a comic strip, a model or something on your computer.

You may choose to include photos and images of this person.

Task Ten

Have a listen to this song Once I was In Year One. Do you have any memories that could go in a song like this? Have a go at singing this song and try to make up some of your own verses:

<https://www.youtube.com/watch?v=D9i30MM0J0A>