

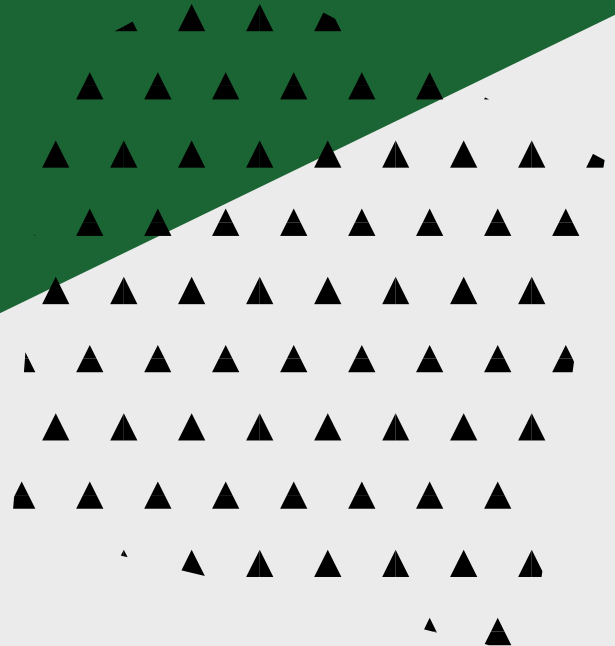


Unlocking Potential



UP's Weekly
Well-being activity

06.07.20





Unlocking Potential

What's Inside...

We hope you have enjoyed receiving our Weekly Well-being activities and found them useful! This is our last week of resources for the summer term. Next week we will be releasing our Summer Activities Pack that will include a range of fun activities that you can do over the 6 week summer break.

Remember that you can also see some of this last terms videos on our YouTube channel. You can subscribe to it at UP – Unlocking Potential

This is the final week for all our Transitions activities. We hope they have helped your child get ready for secondary school. We wish all Y6 children luck and success in their new schools.

Transitions

This is the final week for these activities! You are about to become Secondary School ready!

Memories Book

Once you complete this last page, you can put your brilliant book together and find somewhere safe to keep it. This is a memory that can last forever.

Timeline

Our June COVID timeline is here! Follow the link on the webpage to download.

Fortune Tellers

Follow these simple step-by-step instructions to create your very own fortune teller. Once you know how to make them, you can fill them with anything you like. Ours is thinking about the feelings and experiences you had during lockdown. We know that both your BIG and small feelings matter.

Covid Word Search

This week we thought we would set you a real challenge. This wordsearch is tricky and if you need some help then make sure to ask. All the words are things that might remind you of life in Lockdown.

For parents/carers: 5 tips on how to help your child with transitions

The move from Year 6 to Secondary School has always been a significant step in a child's journey. It is a big move and can be a daunting one. This year is somewhat extraordinary in that the pandemic has impacted plans for a healthy transition to summer break. We have put together 5 tips to help parents support and prepare their children for the summer holidays.



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Fortune Tellers

Lots of us have made one in an origami game at some point during our time in primary school. They are super-simple and can be super-fun. Once you make the fortune teller, it is totally up to you how to decorate it and what questions you put inside.

For ours, we are going to use it to help us think about all the feelings life in lockdown brought for us. As the lockdown rules are relaxing and we can do more and see more people, our fortune teller is going to give us a chance to think through how we feel. We have suggested 8 Lockdown questions below. You can use these questions, or you can come up with your own.

Step 1 – Follow the directions below.

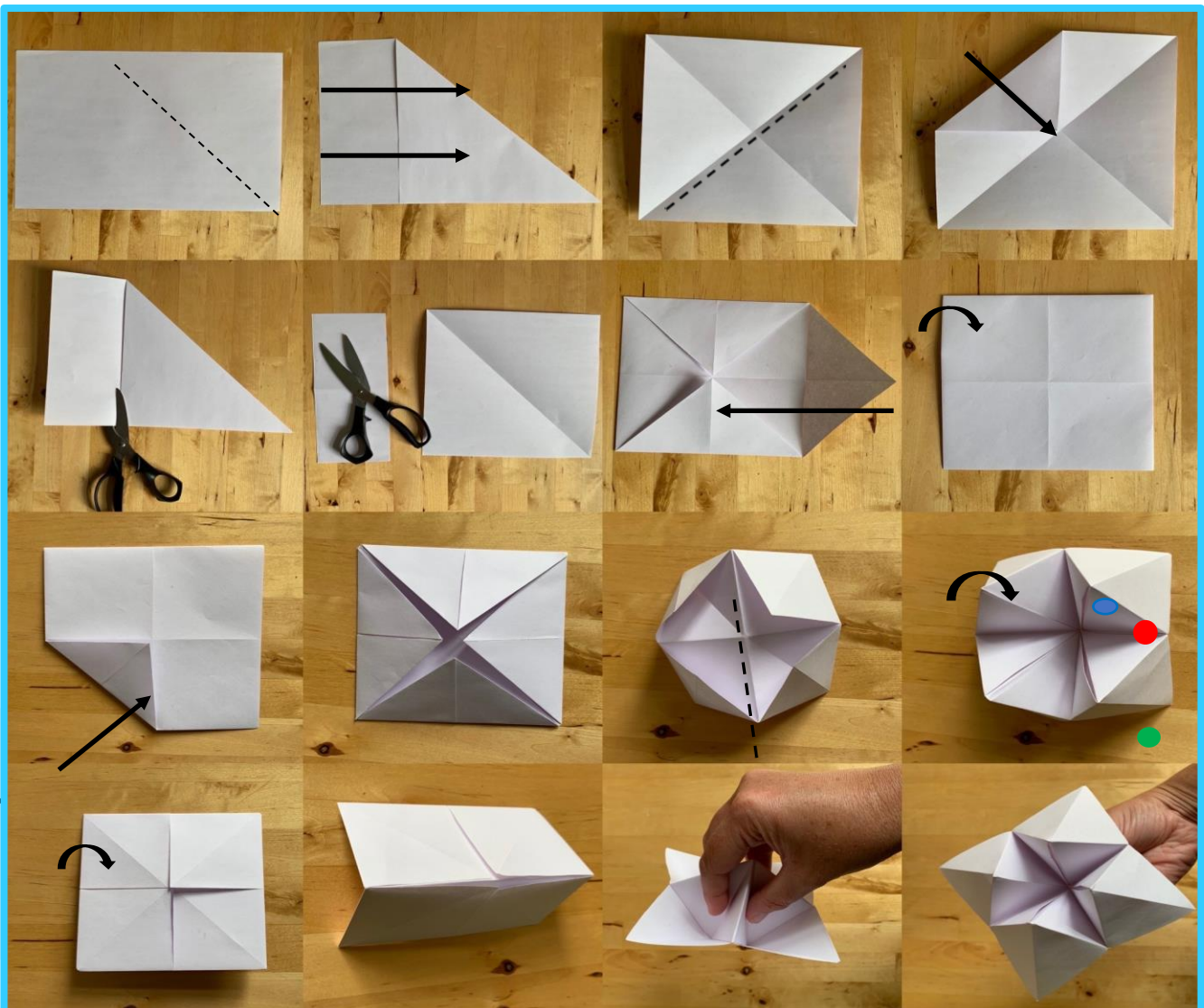
Step 2 – Put 8 different colours on the outside triangles.

Step 3 – Number the inside triangles 1-8

Step 4 – Label the hidden 8 triangles.

- Lockdown makes me feel...
- I was bored when....
- I was happy when....
- The first person I want to hug is....

- Best Lockdown memory
- Hardest part of Lockdown
- I'm most looking forward to....
- Homeschooling was....





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COVID-19 Word Search

This week as you are nearing the end of the school year, we thought we would set you a challenge for your amazing brains. This wordsearch has lots of words that may remind you of what it was like to be in lockdown. It's a big one and we didn't go easy on you so if you need someone to give you a hand, then make sure to ask for help. The words go up and down and diagonally. Use a pen or pencil to mark the words you find. It's challenging so just try your best!

- Toilet Paper
- Boris
- Shielding
- Homeschool
- Keyworker
- Clapping
- Rainbows
- Covid
- Handwashing
- Sanitiser
- Mask
- Bored
- Fun
- Virus
- Vaccine
- Test
- Social distance
- Flour
- Pandemic
- Isolate
- Quarantine

R	T	E	I	H	B	H	K	E	Q	U	B	O	R	I	S	R
A	O	Q	T	M	J	R	S	C	V	I	S	O	L	A	T	E
U	I	U	S	H	F	W	G	N	X	D	F	C	T	Y	P	I
E	L	R	H	C	L	C	L	A	P	P	I	N	G	I	H	J
W	E	A	I	L	O	Z	B	T	F	R	F	M	H	K	A	P
Y	T	N	E	C	U	V	E	S	U	V	A	C	C	I	N	E
Q	P	T	L	E	R	T	I	I	R	N	E	H	R	P	D	T
U	A	I	D	I	P	A	N	D	E	M	I	C	U	S	W	B
J	P	N	I	F	X	E	C	L	B	Y	T	R	O	A	A	U
T	E	E	N	R	M	L	D	A	K	T	E	S	T	N	S	B
C	R	H	G	I	T	Z	W	I	E	R	R	Y	O	I	H	B
E	T	S	H	O	M	E	S	C	H	O	O	L	S	T	I	L
W	M	P	I	R	A	B	I	O	T	O	E	U	K	I	N	E
J	R	A	I	N	B	O	W	S	U	T	R	G	O	S	G	L
P	R	U	S	J	C	A	D	N	E	I	B	O	R	E	D	O
F	U	N	S	K	U	R	E	I	V	R	U	P	A	R	T	N
K	I	T	U	K	E	Y	W	O	R	K	E	R	R	M	I	L



Unlocking Potential

5 tips for supporting children leaving Primary School

1) Acknowledge the ending of their primary school journey

The last few months have been something that none of us have ever experienced before. The coming months and what lies ahead is still uncertain, but we do have time to focus on the new experiences that will be emerging for our children, particularly leaving primary school and starting secondary school. There may be a sense of loss, sadness, and frustration as the last few months have resulted in SATS being cancelled, missing friends, and no end of year 6 celebrations. Here are a few things that you can do to try and mark the occasion: Organise a mini online meet up with a few of your child's friends, help them create a primary school memory/scrapbook, have a mini graduation celebration with your friends and family.

2) Be ready to listen & practice routines

Some children take secondary school in their stride, but it is natural to experience some difficulty, and some will initially have a few more struggles as they learn to adapt. If this is your first child leaving primary, then secondary school will be a relatively new experience for you too. They may have worries such as making friends, getting lost, being late, and homework demands. Help your child to manage these in bite sized chunks, giving them practical solutions to help reduce any anxiety that they may have. Help them practice their routine and become more organised. Encourage them to practice putting their clothes out the night before, this will be a good rehearsal for when they need to get their school uniform ready. Consider practicing the run to school, if your child is going by bus, go with them during the holiday break to do a test run of the route. Maybe they can try the route with a couple of friends that they may be travelling with in September.

3) Take some time to familiarise yourself with the secondary schools' expectations

It will take some time for you to adjust to new school culture and expectations and to support your son or daughter in these changes too. Talk to your child about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary and as the term progresses, they will gradually adapt and feel more comfortable with the differences in school routines and expectations. The teachers will be there to support them and ultimately make their transition smooth. There are some practical things that you can do, such as encouraging them to look at the school website with you and help fill out some of the paperwork that got sent to you (some of the paperwork may actually be for them to read and sign, such as a behavioural contract).

4) Promote friendships

Forming new friendships is one of the key worries for children and parents alike. Some children may be going to secondary school with a lot of friends or only a few friends. However, as secondary schools tend to be so much bigger, there is no guarantee that they will be in classes with their friends. Having support from friends or fellow classmates can help your child feel more secure in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive.

5) Remember to look after yourself and have some downtime

No one knows for sure how exactly classrooms will look in September. Try not to worry about all of the tiny details for your children. Although you can prepare for a lot in life, there will be some things that you cannot control or influence. It is important to schedule in some relaxation time to help take any pressure off.