

Thursday 16th July

I can deal with worries I might have.

Let's review your time in Year 3.

Discuss these questions with a friend or an adult.

What did you enjoy in Year 3?

What did you dislike in Year 3?

What was your best moment?

Which part of your learning did you enjoy the most?

Listen to the story, A Huge Bag of Worries.

<https://www.youtube.com/watch?v=qBcakxX9LTM>

What worries do you have?

How can you deal with worries?

What have you learnt from the story about coping with worries?

What will you do differently next time you have a worry?

Do you feel like they have someone you could talk to?

Now practise this breathing technique-

<https://www.youtube.com/watch?v=YFdZXwE6fRE>