

Home learning activities

Subject
SEND Pathways
Year Group
7 and 8
Unit of work / Knowledge organiser
Emotions
Activities
<ul style="list-style-type: none"> • Every day (or as often as you can), write down, or draw something to describe some of the feelings you had during the day. • Every few days, share some of the feelings you have had with a friend or adult your trust. • Every day (or as often as you can), write down or draw who you have spoken to in person, and who you have spoken to using technology. • For each person, try to write down or draw something they were feeling when you spoke to them. Add some details about what they did, or said that gave you an idea of how they were feeling. • Every day, try to stop everything you are doing and sit, or lie still in a comfortable position. Focus on the feeling of your arms or legs touching the floor, or furniture. Think of a beautiful, or calm place in your mind. Keep going for about 10 minutes. • Each time you practise this mindfulness, try to write down or draw the beautiful/calm place you were thinking of. • Draw a simple outline of a person. Label this as 'the kind of person I would like to be'. This is an imaginary person, but might be based on people you know about. • Draw or label this person's appearance. Draw or label their qualities – what sort of person are they? • Draw or label this person's bag. What would be in the bag? What would they carry with them? • Draw or label this person's house? What does it look like? Who would live there? What would be nearby, or next door? • Draw or label this person's school. What does it look like? What subjects do they study? Who is at the school? What are the teachers like?
Where do you complete the work?
Complete the work wherever you have something available – paper, a book, computer. It's up to you.

What to do if you finish the work? (Extension activity)
Contact Mr Lynch.
These websites might help:
Guided relaxation with Jamie Peace Out https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/
Understanding Emotions https://kidshealth.org/en/teens/understand-emotions.html
If you are struggling with your work or if you have finished..
Please email your classroom teacher directly using the email list found in the Home Learning section of the website.