

Year 6 – Home Learning Challenge 13



This week is all about looking after your well-being. There are several ways we can look after our physical and mental health. I want you to aim to focus on the five areas below. What can you do this week to achieve each goal?

BE ACTIVE



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

This week, I would like you to get creative. Create a Gratitude Jar including everything you are thankful for, aims and goals for the future, people who make are there to listen and **CONNECT** to. **TAKE NOTICE** of the things that give you joy, and place within your 'Gratitude Jar'.



Spellings	
Identity	Language
Immediate	leisure
Individual	Lightning
interfere	Marvellous
interrupt	mischievous