



Year 1
Guided Reading
Thursday *18th June 2020*
Sticky Brains

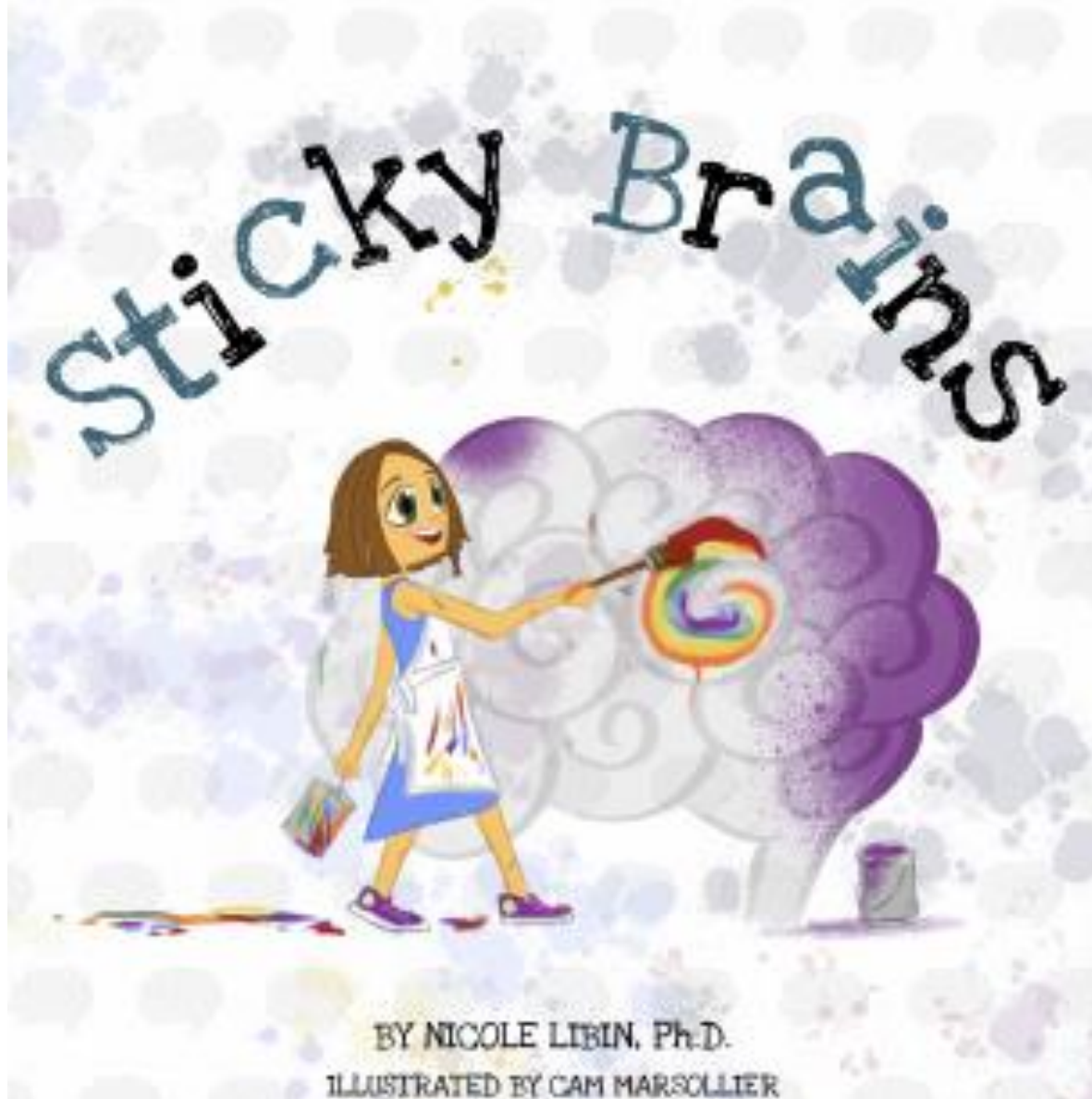


Key aims/success criteria

- I can look for clues in the picture to help me understand.
- I can use the clues to answer questions....
- I can add the suffix –er or –est to a word and understand what it does to the meaning
- I can spell word starting with wh...
- I can read some contraction words and understand their meanings
- I can think of words with ‘aw’ in



We are continuing to read





Recap

Don't I'm that's

What can you tell me about these words?

"Do you remember when you were just learning to ride your bike?"

Aria nodded. "It was really hard at first. I fell a bunch of times."



"But the more you did it, the easier it got, right?"

Aria nodded again. "Yeah,

**I'm awesome
at it now!"**

‘Our brains work the same way’ said mum.
‘They work the same way. They get good at what they practice.’



‘So we can train them to see things in a new way?’ said Aria.

‘Yes,’ said mum, ‘instead of getting stuck we can train our brain what we want it to notice. We can train it to see more of the good stuff.’



"First, we can take a few deep breaths.
Now, let's find something that makes us

feel good.

It can be something big like a beautiful
rainbow

or getting a birthday present



*or even something small like
a cool sip of water."*



"So remember,

even when everything feels awful,
you can train your brain to stick less to the bad and notice more of the good.
You just need to practice it . . .

until it sticks!"



Look at the word awful

aw like in saw

How many words with aw in can we think of?