



Year 1 PSHE

Tuesday 9th June p.m.



Recap idea about being in Bubbles at school

What is a bubble?

Why are we in bubbles?

What is different?

What do you miss?

What do you like?

What other bubbles do you know?

(get them to thinking about pot of bubbles we blow)

EXPLAIN mindfulness – carefully doing or watching something and thinking of only that

Go outside if fine and mindfully, slowly blow bubbles

Quietly watch and contemplate each bubble

If dry they might want to lie down to watch. Calmly, quietly, not talking

Children to watch each bubble – think, don't speak about how it moves, where it goes, its colours, do they change, how long does it last, how high does it go, is it big or small, etc.



Activity

Look at the bubble on the sheet

Draw something you are looking forward to doing now you are back at school with some of your friends

Home learners – what are you missing since Lockdown, what are you looking forward to doing?



Plenary

- Show your picture to an adult in class and explain what you are looking forward to

