



**Year 2**  
**PSHE**  
**07.06.2020**



## What would you do if...

- Talk about the sentence below with a friend or family member.
- What would you do if you were invisible?



# What is your favourite...

- Talk about the sentence below with a friend or family member.
- What is your favourite drink?



**Do you ever feel like your mind can be like a snow globe? All shaken up with thoughts falling everywhere?**





Have I  
remembered  
my PE kit?

I hope we  
haven't got  
pasta for dinner  
tonight again!

I hope Katy is at  
dancing class  
tomorrow, I'm  
lonely when she's  
not there.

I hope my baby  
sister doesn't  
keep me awake  
again tonight.

I can't believe my  
brother took my football  
to school with him  
without asking...it's  
mine!



# Imagine

Just imagine if your mind could be worry free and a calm, peaceful place so that you can enjoy life even more every day.

Well it can...





## Your task...

- Choose a mindfulness activity from the cards attached.

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.





How did you feel after you completed a mindfulness activity?







## To finish off...

- Have a go at a cosmic kids yoga session on youtube.