

Tuesday 10 th January	<p>Welcome back to One Voice and a new school term!</p> <p><u>Important dates this week:</u></p> <ul style="list-style-type: none">-RSPB Big School Bird Watch- begins this week, stay tuned for when we will be joining in at St Pauls-14th January is Lohri - is a popular Punjabi festival and marks the start of the harvest season. It celebrates the passing of the winter solstice, looking ahead to warmer and longer days. It places a lot of importance on the sun.-15th January is World Religion Day- a day to reflect on your own beliefs.-Monday 16th January is Martin Luther King Jr Day- What do you know about him? <p><u>Discussion: 5 Ways to wellbeing</u></p> <p>Can you remember the five different ways to wellbeing? With the start of a new year it's a great time to look forward and set yourself some new goals. Can you pick one of the '5 ways' to use to set yourself a goal for the month/year or even week? How might achieving that goal make you feel?</p> <p><u>Examples</u></p> <p>Learning- can you learn something more about something that interests you?</p> <p>Take notice- Can you spend less time on screens and play a game with family members</p> <p>Giving- Can you do something kind for someone everyday</p> <p>Be active- Can you something new that will keep your body and mind active</p> <p>Connecting- Can you make a new friendship</p> <p>Share your goal with the group and remember to be a good listener whilst others are talking, you might hear something inspirational!</p> <p><u>Curriculum catch-up!</u></p> <ol style="list-style-type: none">1. What have you been learning about in Geography?2. Can you remember any of the Geography lessons you did in the past?3. How do the teachers make sure you are challenged/supported in Geography (what do you do if you don't understand?) <p>BONUS Q IF TIME: Can you name the Countries and Capital cities that make up the U.K? and the surrounding seas?</p>
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Positive Affirmation for today:

Practicing morning affirmations can help you start your day on the right track. It puts you in a good headspace for tackling the rest of the day. This kind of positive self-talk becomes easier with practice and when you remember them they will pop into your head when you need it most.

I am confident and brave.

Thank you and have a great week! 😊