

PSHE

This week we are going to look at overcoming disappointment.

What advice would you give to these children? Can you make some notes?

Jacob finds out he is not to be in the same class as his friends next year.

The swimming pool party is cancelled at the last minute.

How can we help ourselves to feel better?

What new goals or plans can be set to help difficult situations?

With the national lockdown, lots of things are being cancelled or stopped for a little while and this can be really disappointing.

Can you come up with a poster of things that you could do to cheer yourself up or things that you can look forward to?

Some examples:

- Going outside for a walk or bike ride.
- Zooming/calling a friend or a member of your family.
- Cooking.
- Doing some arts or crafts.