

Who was here before us?



Year Three Home Learning

Spring 1, Week 5 07.02.20

This week we have been...

- raising awareness of the importance of mindfulness for Children's Mental Health week



Look at the back of this sheet.
Can you *find your brave*?

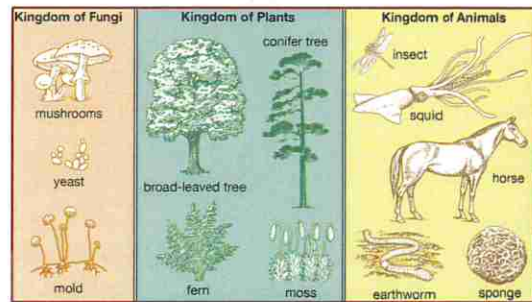
- investigating what makes a plant a *plant* and how we categorise the different types

When you're out and about this weekend look carefully at the plants you see.

How are they different to each other?

What are the similarities?

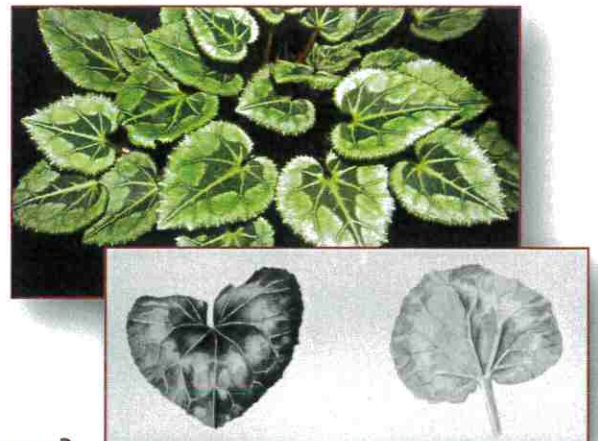
How are they suited to their environment?



- publishing our amazing Stone Age information leaflets

When you come to parent's evening be sure to take a look at your child's work on display in the corridor!

- using our close observation skills to create realistic shape and shading when drawing cyclamen plant leaves



Find out what 'variegated leaf' means.

Can you spot any other plants that have these types of leaves?

FIND YOUR BRAVE

#ChildrensMentalHealthWeek

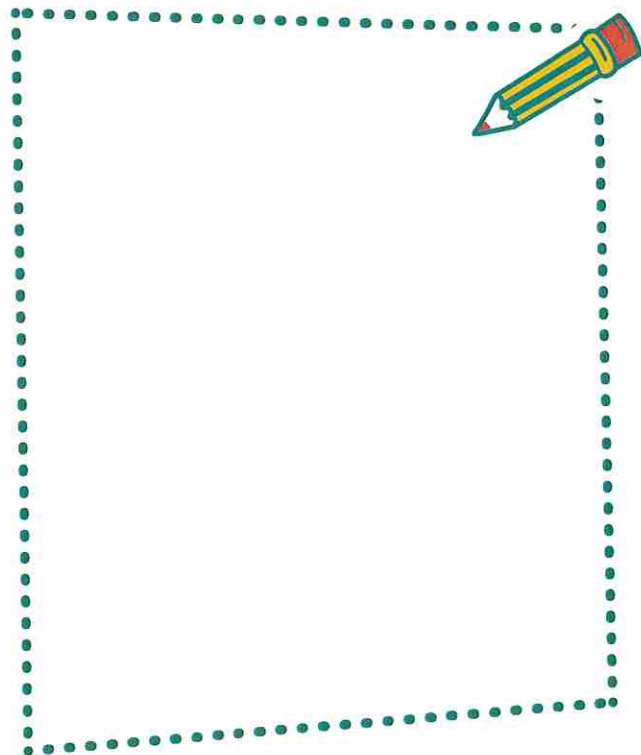
Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3 - 9 FEBRUARY 2020

Bravery comes in all shapes and sizes and is different for everyone. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices. Here are some things that might help you to FIND YOUR BRAVE.

1. Think about something you've done where you felt brave. How did it make you feel?
2. Think of something brave you could do at school. (It could be speaking up in class, standing up for someone or volunteering for something).
3. Think of a new skill or activity you could try that you've never done before.
4. Ask your family, friends and teachers what they do to **FIND THEIR BRAVE** - they might have some good ideas you could try!
5. How do you **FIND YOUR BRAVE**? Write or draw something in the box to the right.



Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and asking for help if you need it.

At children's mental health charity

Place2Be we want all children to think about how they look after their minds.

If you're not sure about something, you can find an adult who you trust to talk to. It could be someone in your family, a teacher, or someone else in school.