

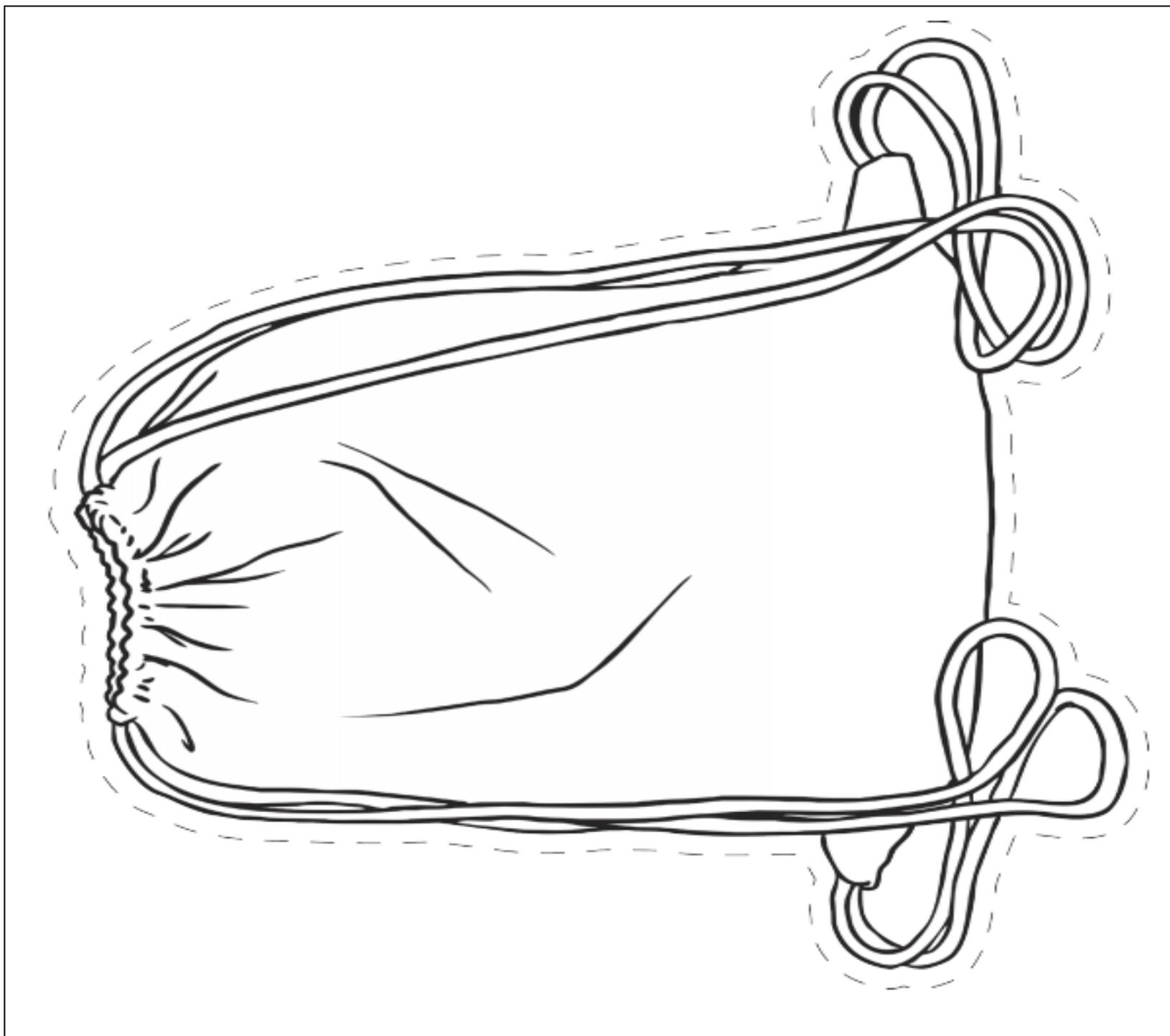
Year 6 – Distance Teaching and Learning – Wellbeing



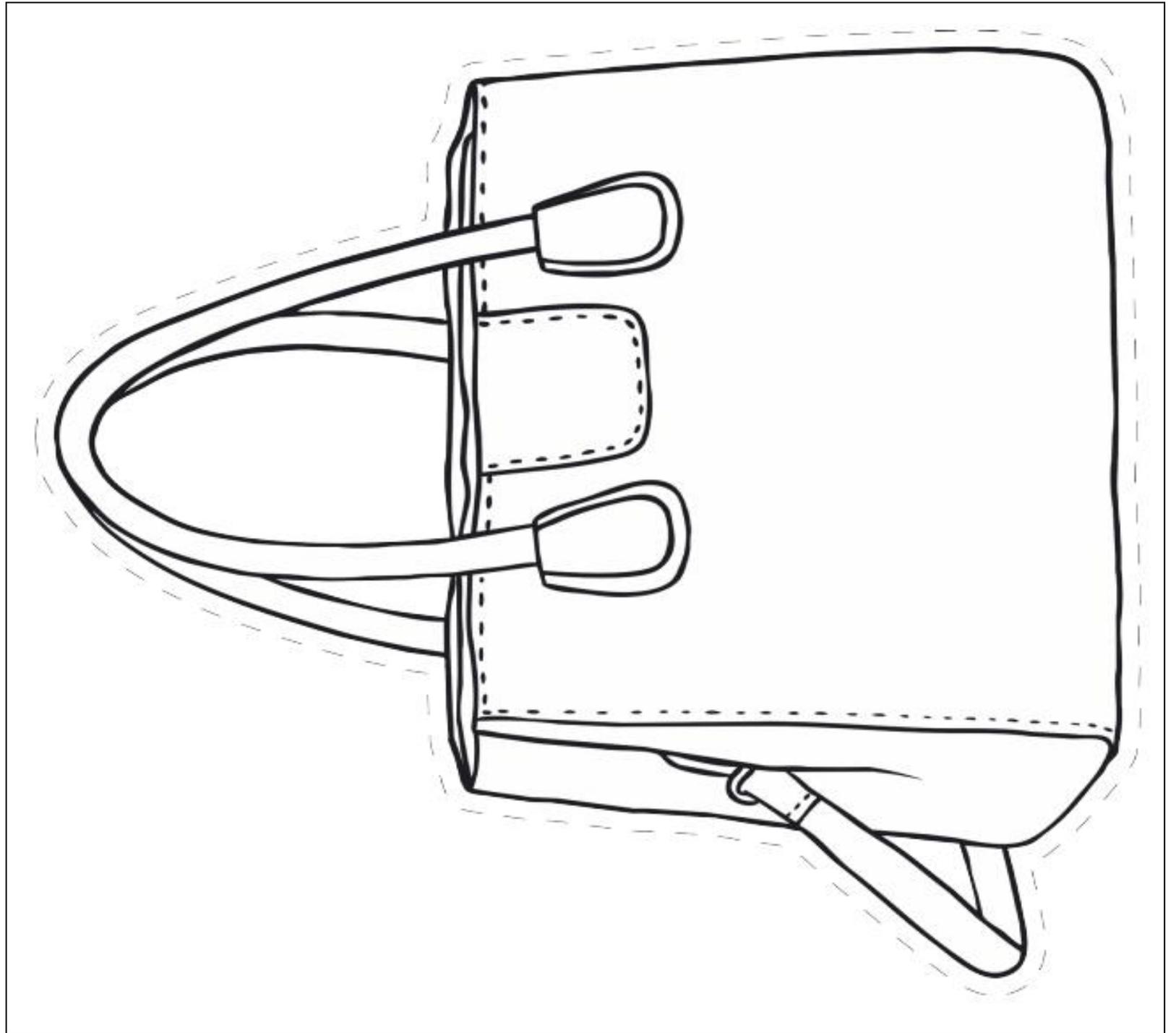
Week beginning: 29th June 2020

Book: The Huge Bag of Worries				
Year 6 Wellbeing – S2 Week 5 – The Huge Bag of Worries. Watch this video to listen to Mr Gowler reading this week’s wellbeing story. The tasks can be completed in any order.			Year 6 Wellbeing – S2 Week 5 – Video Task 2 In this video, Mr Gowler will tell you more about Task 2 and show you what it could look like.	
Task 1	Task 2	Task 3	Task 4	Task 5
Design your own worry bag! Choose one of the templates below. Cut along the dotted line of two copies of your chosen bag, then staple or glue the sides together – or create your own template! Once you have designed and made your bag, think about all the things that make you worry or feel sad and upset. Try to fill this bag with as many negative objects as you can. You could put in foods you don’t like eating, programmes you don’t like watching or memories that make you sad. When your bag is full, you need to decide what to do with it. You could simply put it in the bin. You could tear it up or screw it into a ball. You could even keep it somewhere safe if you want to look back at it from time to time. The choice is yours.	Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement. Firstly, complete the table below, which contains examples, so you can see how you can change negative thoughts into positive thoughts. Once you have completed this, use the blank table to note down some of your own worries. In the left column, acknowledge and note down your own negative thought or worry, and in the right column, note down what positives you can see from the situation and identify how you can think more positively.	Worries can be classified into two different groups: real event worries (actual problems that are affecting you right now and about which you can take action) and hypothetical event worries (things which have not happened yet, but which <i>might</i> happen in the future). Today, we are going to use the Worry Decision Tree to help sort our worries. 1. Identify some of your worries and note them down. 2. Complete the Worry Tree process to determine what type of worry it is and what you should do about it. 3. If you can take action now, do so. If you need to take action later, plan what you are going to do. 4. Write a few sentences to explain how helpful you found the process. What worries did you think of? What actions did you take – or are going to take – in order to address your worries?	Sometimes, when people are feeling worried, they write to an advice columnist – or ‘agony aunt’ – in newspapers and magazines for guidance on what actions to take to overcome their worries. Imagine that you are an advice columnist. Read the worry letter addressed to Year 6 below and consider what advice you could give in order to help this person overcome their worries. Your task is to write a short response to the letter, to be published in a magazine, offering advice which addresses their worries. It may be helpful to think about the main messages from this week’s book and the useful advice the old lady gave Jenny.	In many Eastern religions, mandalas are used as a form of mediation to focus attention on positive thoughts and mindfulness, clearing the mind of negative thoughts and worries. Mandalas, which are often used to represent the universe, have a special meaning for the person who has created them and they are an excellent calming strategy, which allow people to escape troubling thoughts. Using the template below, create your own mandala by starting from the centre point and creating a decorative, complex design using a range of patterns and symbols. Focus all of your energy and attention into your mandala in order to have a greater therapeutic experience. https://www.art-is-fun.com/how-to-draw-a-mandala

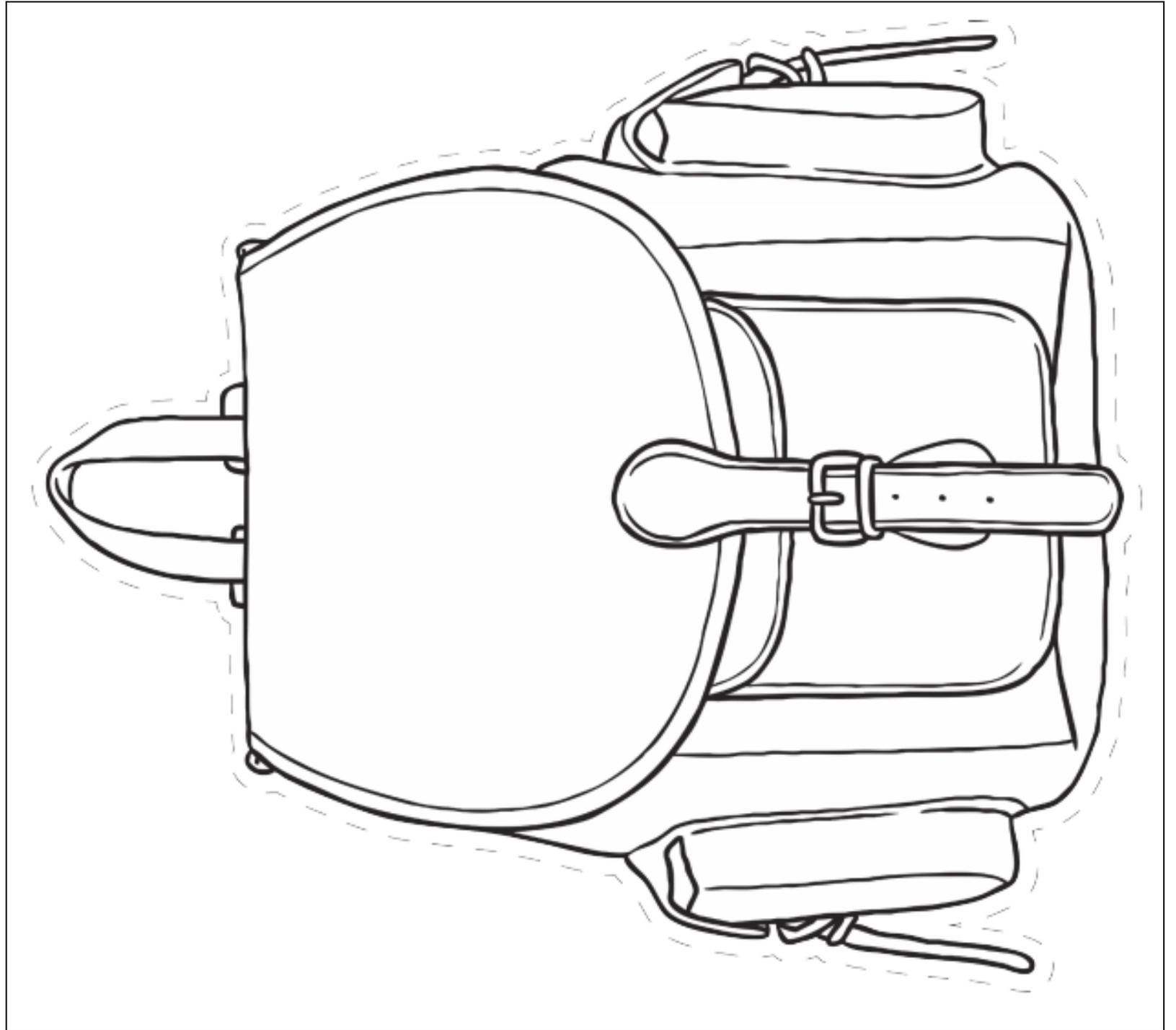
Task 1



Task 1



Task 1

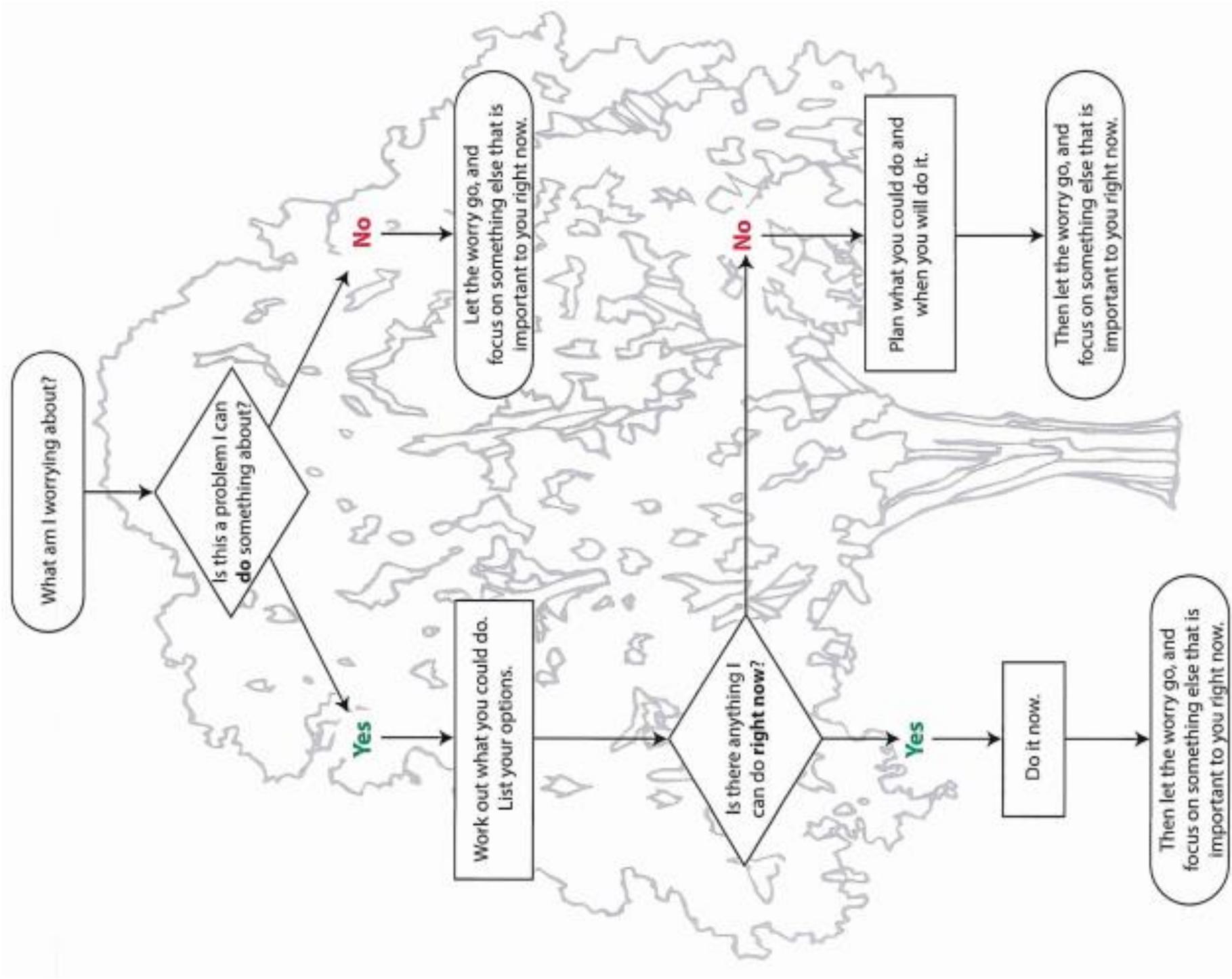


Task 2

Negative Thoughts	Positive Thoughts
<p>My friends don't like me anymore because I can't go to the party on Saturday night.</p>	
<p>I am not good at maths because I only got 16 out of 20 correct in my test.</p>	
<p>I don't want to move house as I won't make any friends and I will be lonely.</p>	
<p>My new school won't be as good as my current school.</p>	

Negative Thoughts	Positive Thoughts

Task 3



Task 4

Dear Year 6,

I am writing to you to express my many worries as I have heard that you can help me, and that you are great at giving advice. Boy, am I in need of some right now! As I am sure you know, lots has changed over the last few months and all this uncertainty has only heightened my concerns about everything going on in my life. My parents have been busy working from home so I feel like I can't even speak to them about how I'm feeling right now. I have always found change very difficult but this is unbearable! With secondary school on the horizon, it looks as though the changes aren't going to stop. Please tell me everything is going to be okay... please!

As already mentioned, I have found the last few months difficult as it has meant that I have missed lots of school and I have hardly been able to see my friends. Will I be ready for secondary school even though I have missed a few months of learning? Everyone seems to have the latest model of phone but I don't even have one... I'm not in all the group chats like everyone else so I haven't been able to message my friends as much, but I know they have still been talking without me... What if they have forgotten me, Year 6? What if they think I'm not cool because I don't have a fancy phone like they do? Please help!

And don't even get me started on secondary school! What is *that* going to be like? I have a few friends from my class going to the same school as me, but what if they aren't in my form? What if they make new friends and I don't? Everyone seems to like my good friend Alex because he is so funny and smart, but I'm... well, different. What if people don't like me for who I am? Finally, I am really going to miss my Year 6 teachers... Miss Allen, Miss Chilton, Mr Gowler (and of course, Miss Hancock and Miss Rawlings). What if my new teachers don't like me or notice me? Gosh, why is change so horrible, Year 6? WHY?!

Can you see what I mean now? There's so much to think about! Everyone else seems to be coping but me! It's really difficult not to stress about it all... although I do feel a bit better just writing my worries on paper and knowing that you'll listen. Please do read my concerns and let me know what I should do about everything. I hope to see your reply in the latest issue of the magazine!

Your anonymous friend.

Design Your Own Mandala

A mandala is a decorative picture made up of geometric shapes and patterns, which each represent something important to the person designing the mandala.

Think about things which are important to you. Then, think about what patterns and symbols might represent those things.

Use the template to create your own mandala using patterns and shapes.

