

S.P.H.E/ WELLNESS

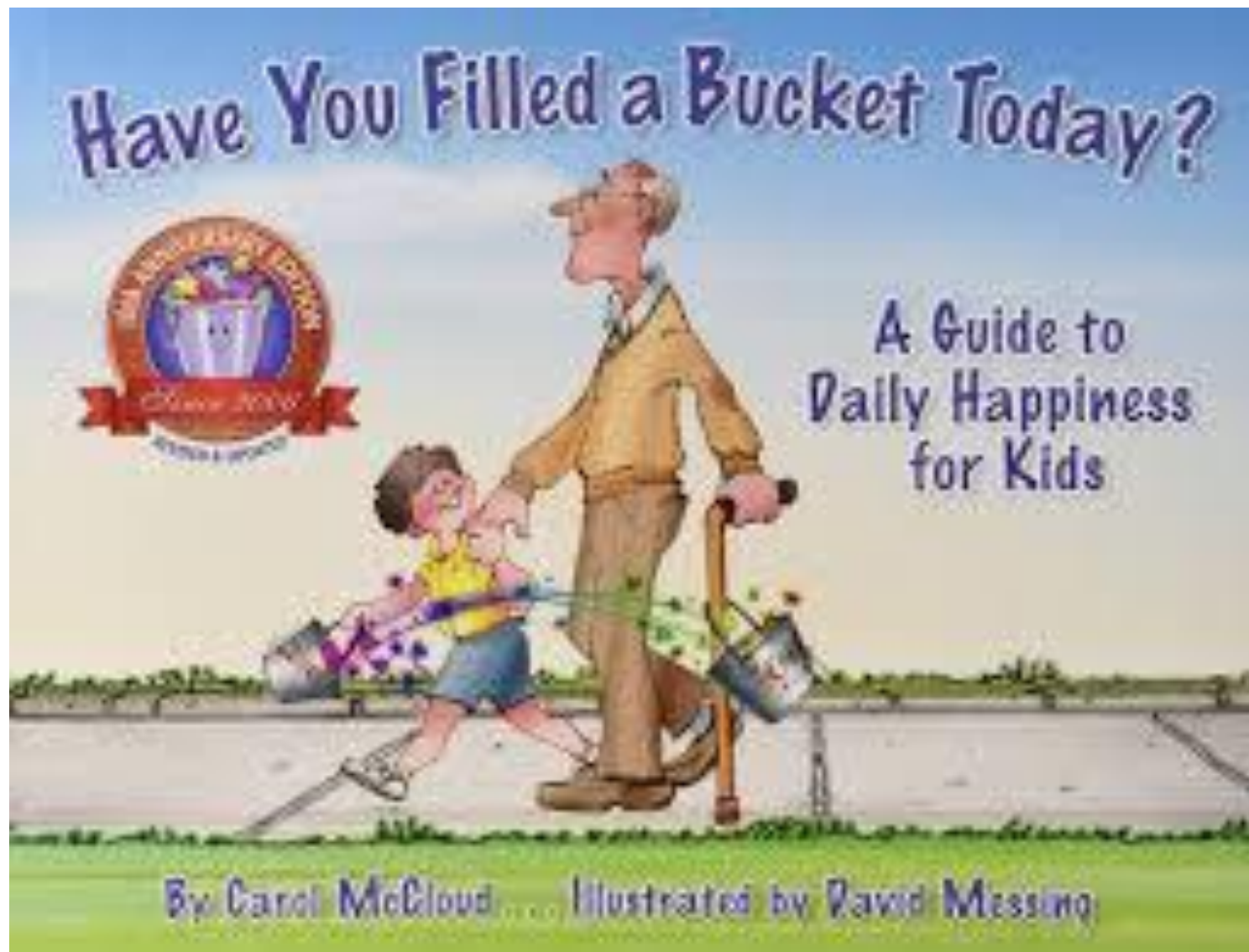
Week 4
11th-15th May 2020





Hi boys and girls. We hope you are all keeping well and staying safe. We hope you are enjoying all the beautiful sunshine we've been having lately. Did you have a fun "Active Home Week"? What was your favourite part?

This week's SPHE lesson is all about KINDNESS. This is important all the time, but even more so at the moment. We are all doing our best to follow the new rules, to look after each other and stay safe and healthy. We hope you like this week's story!



<https://www.youtube.com/watch?v=3EuemNAo6XE>




Click here to
listen to the
story

AFTER LISTENING TO THE STORY..


- ❖ Did you like the story?
- ❖ How did it make you feel?
- ❖ Would you rather be a bucket filler or a bucket dipper? Why?
- ❖ Can you name some things that Bucket FILLERS do?
- ❖ Can you name some things that a bucket DIPPER does?

Are YOU a Bucket Filler?

Bucket fillers are people who...



Bucket dippers are people who...



Name: _____



Think about your day so far..



Have you been a bucket filler or a bucket dipper?

What can you do today to fill someone's bucket in your house?

Name _____

Day # _____



In each star,
draw or write one way you
recently filled a bucket.



I can be a
bucket filler!

KEEP ACTIVE

Rock out at the GO NOODLE GYM

<https://www.youtube.com/watch?v=3KReaoKLA-4>

GUMMY BEAR DANCE

<https://www.youtube.com/watch?v=6Q7-tzCCh3w>

HAPPY Zumba

<https://www.youtube.com/watch?v=VhAw8kjV-4c>



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STAY CHILLED....

PEACE OUT

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>



TROLLS YOGA

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>



RELAX

in a world
where you can
be anything.
BE Kind.

**HAVE A GREAT
WEEK EVERYONE!**