

Tuesday Welcome back to One Voice and a new school term!

10<sup>th</sup> **Important dates this week:**

- January
- 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.
  - 15<sup>th</sup> January is World Religion Day- a day to reflect on your own beliefs.
  - Monday 16<sup>th</sup> January is Martin Luther King Jr Day- What do you know about him?

**Discussion: 5 Ways to wellbeing**

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?

**Examples**

**Learning-** can you learn something more about something that interests you?

**Take notice-** Can you spend less time on screens and play a game with family members

**Giving-** Can you do something kind for someone everyday

**Be active-** Can you something new that will keep your body and mind active

**Connecting-** Can you make a new friendship

**Share your goal with the group and remember to be a good listener whilst others are talking, you might hear something inspirational!**

**Curriculum catch-up!**

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?)

**BONUS Q IF TIME:** Can you name the Countries and Capital cities that make up the U.K? and the surrounding seas?

**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! 😊