

ELSA – Home Learning Plan

Summer Term 1 Week 1

Hello my lovely ELSA friends! I am really missing our time together and have been thinking about you lots. I hope you are enjoying your time at home. This week I have done lots of household jobs like ironing, cleaning out my cupboards, and tidying up! My favourite thing though is to go outside and do some work in the garden. I love planting seeds, mowing the lawn and generally pottering about out there for some lovely peace and quiet! It really helps me relax.

Each week I will write a little to you and put on some ideas that you can do to help you when you are at home.

- Make a HAPPY jar. Use any old clean jar, tin or box. Cut out small pieces of paper, recycled if possible! Each night, before bedtime, you can write or draw one thing that made you feel happy, relaxed or special that day. Perhaps it could be a kind thing you did for someone else. Pop it in the jar. At the end of the week you can have a look at what you have put in there. Share it with your family if you wish. Why not ask them to make one too and then you can share them together.
- Think of different words to describe yourself, your strengths and talents. What are you good at? Can you cook, ride a bike, sing or play football? Are you kind, funny, artistic, organised, caring or tidy? Draw a picture of yourself and write these words in around yourself. Put it up somewhere you can see it to remind yourself how special you are. You can see if other people in your family want to do this too, and you can put them up together like portraits in an art gallery. Perhaps you can ask your family if they have other words they would use to describe you, and you can do this for them too.

You are special, unique and important.

Take care and keep smiling! If we have read the story 'The Invisible String' together, remember we are all still connected by it! I will be thinking of you.

Best wishes, Mrs Porter.