

ELSA – Home Learning Plan

Summer Term 1 Week 3

Week Beginning Monday 4th May 2020

Hello again to you all! I hope you are keeping busy and active, as even **I** have had a go at doing morning exercises with Joe Wicks! I am missing you all, but looking forward to the time we can all be together again. This week is all about **looking forward and being positive**, and here is an activity for you to try at home. (I'd like to thank Mrs Davis for sharing her idea of a road trip with me, and for being a great friend!)

- Have a think about what you would like to be doing in the future, something that you can't do now, or can't do yet. This could be next week, next year or even when you are grown up. Remember, this is something you would **like** to be doing, so it must be a something you **want** to do, or a place you **want** to be, people you **want** to be with and so on. Try to imagine it in your mind and try to picture it and see it in your head.
- Next, I'd like you to draw a picture of what you have just imagined. Add as much detail as you can. You can also label things or add in words if you want. Think about things like Where are you? What are you doing? Who are you with? What is the weather like if you are outside? What does the room look like if you are inside? When you have done this, think about how it makes you feel. Keep it somewhere you can see it.
- You could even use this as a real way of helping you to do or achieve something. For example, I imagined going on a trip around Wales with Mr Porter. I imagined all the places that I hadn't been and would like to visit. I imagined packing my case with the clothes I would need, my map, my walking boots and raincoat (because it nearly always rains in Wales!) and my camera. I imagined sitting in the car when we set off on our journey, and I felt excited! I thought about what some of the places may look like, and imagined me taking photographs of them.
- After I drew my picture and explained it to my family I began to realise I could do this for real! So, I got out a large map of Wales and found out where the places I want to visit are. I began to make up a plan of where we would go, where we would visit first, second, third and so on. Next, I'm going to plan a route of places where we can stop and stay on the way. Now, I may not be able to do this for a while, but it is something I can keep, look forward to and hopefully, one day, will actually do!
- So you see, if it is something you really want to do and which makes you feel happy, whether you imagine going on a trip, visiting a friend, writing your own stories or books, or even becoming a teacher, you can start to think about it, and make some plans to help you achieve it even now!
- Having a goal that makes you feel happy and positive about the future can really help you through tricky times. It doesn't matter how big or small that goal is, it's having it in the first place that's important.

Keep looking forward and being positive, and remember that what makes you happy is important.

YOU ARE SPECIAL!

Best wishes, Mrs Porter.

