

ELSA – Home Learning Plan

Summer Term 1 Week 5

Week Beginning Monday 18th May 2020

Hello Elsa children! I hope you are still enjoying your special time at home? I miss you and I'm looking forward to seeing you as soon as we safely can. I have been thinking of ways to help us all relax by listening and being mindful. I have come up with a few ideas for you to try. I hope you like them!

- Listen to birdsong. On a fine day go outside or into your garden, sit somewhere safe and comfortable and close your eyes. Listen. What can you hear? Can you hear the birds singing? Can you hear the different noises that they make? How many different tunes can you hear? The best time to try this out is early in the morning or evening. If you can, ask your adult to record the birdsong on their phone. When you next want to relax and be calm and quiet, close your eyes and try to remember the sounds or play your recording if you made one.



- Have a 'happy song' that you can play whenever you want to feel happy, safe and joyful. Take some time to listen to different types of music or songs, and find the ones that you like best. You may have one song for when you want to relax and feel calm and a different one for when you want to be physical and move about and dance. One of my favourite songs which always puts me in a good mood is 'Here Comes the Sun' by the Beatles. Ask your parents or grandparents if they know it?
- Listen to gently running water. If you go out for a walk near a stream with your adults ask them to stop a while and listen to the water. How does it make you all feel? Another thing you can do if you have the internet, is to ask your adult to find some gentle water sounds (or birdsong!) online and listen to these.



We are often rushing about and being busy. Perhaps now we have a little more time to just stop and listen.

Keep Calm and Keep Listening!

Best wishes as always, to you and your family,

Mrs Porter