

MONDAY 22 JUNE	TUESDAY 23 JUNE	WEDNESDAY 24 JUNE	THURSDAY 25 JUNE	
 BE CURIOUS	 BE MINDFUL	 BE INSPIRED	 BE KIND	 BE REFLECTIVE
<p><u>All about Space!</u></p>  <p>Tim Peake travelled to space in 2015, listen to the training he had to undergo to BECOME AN ASTRONAUT</p> <p>Find out all about: OUR SOLAR SYSTEM HOW TO HAVE FUN IN SPACE watch NASA LIVE FEED from the International Space Station and some recent discoveries about OUR GALAXY</p> <p>What did you find most interesting?</p> <p>Would you like to go to space?</p> <p>Do you think there are other undiscovered planets in our galaxy?</p> <p>Why not make up your own planet and design the life form and surroundings</p>	<p><u>Mindful Colouring</u></p> <p>Mindfulness is the practice of paying attention in the present moment. With mindful colouring, we draw our attention into the present moment through colouring-in using a colouring sheet or a colouring app. Research suggests that for all ages, colouring can help lift your mood, decrease anxiety and stress.</p> <p>You can find some colouring sheets for printing HERE</p> <p>Alternatively, there are lots of colouring apps available on your phone or tablet app store.</p> 	<p><u>BLACK BEAUTY</u></p>  <p><u>READ THE EXTRACT</u></p> <p><u>Use these guiding questions to talk about this extract with someone at home or a friend:</u></p> <ol style="list-style-type: none"> 1. Which of the 9 habits did the gentleman with the grey eyes show? 2. When was this book written? 3. Twenty three pounds for a horse is a great deal of money, when people only earned about five pounds a year. Why would they pay so much for a horse? 4. A horse would take a great deal of care and attention. Do you own a pet of any kind? <p>This book is in your library – it is an amazing story of triumph over adversity!</p>	<p><u>Be Kind to Yourself</u></p> <p>We've spent the last 4 weeks thinking about being kind and showing kindness to others. This week we'd like you to do something kind for yourself.</p> <p>Here's some suggestions 21 Ways</p>  <p>Or whatever works for YOU! Remember this isn't about what you "should" do or what "sounds" good to someone else. It's about placing a priority on you and what fills you up inside.</p>	<p>Use this link to tell your teacher about the challenges you completed this week</p> <p>FORM</p> 