

# Subject-Led Home Learning Projects

*Our subject-led home learning projects have been designed to help our students extend their learning beyond the classroom, to practise transferring knowledge and skills learnt in school to other areas of their lives.*



*The activities in each project are all optional, and provide parents and carers with a list of tasks that can be selected to suit their child's interests and home routines. Above all they should be engaging and fun, not a chore!*

## **How to complete the project:**

- *Ask your child to choose one activity at a time that interests them to complete. Depending on the task, there may be a level of support/supervision required from an adult.*
- *Your child may choose to complete each task in a number of ways: producing something **on paper**, as **3D models**, through **photographs** or **videos**, or through an **adult's written account** of actions he/she took.*
- *Anything produced for the project should be kept together (perhaps in a folder) until the end of term.*
- *The projects should then be handed in to your child's form tutor before the deadline set.*
- ***Prizes** will be given out for the most impressive home learning projects each term.*



# PSHE Home Learning Project

Term 1/2

During Terms 1 and 2, the students' PSHE project will require them to develop a growth mindset and practice mindful moments

Through this project, they will be learning about:

- What is a **growth mindset** and how this can support their wellbeing
- What **mindfulness** is and how this can be embedded into their routine
- Understanding **emotions**: what they are, how they make us feel and how we can regulate ourselves

In order to consolidate their school learning we invite students to try some of these fun activities at home:

## I Can't Do It! ... Yet!

Growth mindset is all about reframing your thoughts. Think of something you can't do ... yet! Then give it a go and try to learn a new skill with the power of yet!



## Make a 'Mindful Lava Lamp'



How to do this is on the next page, with instructions and tips for using your lava lamp to support a mindful moment.

## Perseverance – they didn't give up!

Can you research and create a fact file about a Paralympian? They often face hurdles in their lives and go on to achieve great things!



## Draw to the music



Listen to a piece of classical music and, to encourage you to hold your focus on the music, close your eyes and draw along to the sounds. How does the music make you feel? What patterns did you make?

## Power of Positivity Poster

*I am Enough*

Make your own motivational poster full of positive affirmations.

Make sure you start your sentences with "I can...", "I will...", "I am..." and keep it positive!

## Wellbeing Tracker



Each week, keep a tracker of how you are feeling. Choose colours for each emotion, draw a key, list the days of the week and colour squares in next to them to show how you were feeling each day. Are there patterns? What can you do to help?

## Worry Wall

Create your own worry wall, like the one we use in class, to use at home. This will help you recognise things that make you worried, how much we should worry about them and what we can do to help settle our worries.



## Feeling Colour



What colours do you see when you think of happiness? What about sadness? Do wavy lines look calm and zig zags look angry? Can you create a piece of artwork to represent an emotion.

## Meditate



Meditate at home using Smiling Minds (free to download) or any 'guided meditation for kids' on YouTube. Alternatively, just listen to a piece of calming music and close your eyes and count your breaths. Can you keep a meditation log – when did you meditate, how long for, how did you feel before and then after?

**Project Deadline: Friday 11<sup>th</sup> December 2020** Hand your finished project in to your form tutor, or email them directly to the Assistant Principal for Subject-Led Learning, Liz Brobyn-Ross:

[liz.brobyn-ross@meadowfield.kent.sch.uk](mailto:liz.brobyn-ross@meadowfield.kent.sch.uk)

# Mindful Lava Lamp



## Preparation

You will need:

- An empty and clean jar or bottle
- Water
- Vegetable oil
- Food colouring
- Bicarbonate of soda



## Instructions

(Please ask for help from an adult when making the lava lamp.)

1. Start by filling the jar or bottle with vegetable oil almost to the top, remembering to leave a little space.
2. Then, fill the rest of the jar or bottle with water. The water will drop to the bottom below the oil.
3. Next, add a few drops of food colouring to the jar or bottle.
4. Watch as the food colouring sinks down and changes the colour of the water.
5. Put a small amount of bicarbonate of soda into the jar and watch as the lava lamp comes alive!

*When we feel stressed, we can use the lava lamp to help us settle our minds.*

Just follow the guide below:

1. Start by focusing on the settled lamp and notice how you are feeling.
2. If it feels OK, you can say out loud how you are feeling. Say, 'I am stressed' or 'I am worried'. See if this helps your mind to feel more settled.
3. Now, add a small amount of bicarbonate of soda to the jar. Watch as it swirls and moves and comes alive.
4. Just keep focusing your attention on the jar, watching as the colours move. There is nothing else to do; just rest.
5. If you get distracted or find you are daydreaming, that is OK. Just say, 'I am thinking' and then refocus on the lava lamp.
6. See if you can stay focused on the lava lamp until it settles and becomes still.
7. Then, notice how you feel. You will probably notice that you feel a little calmer, more settled.
8. If not, you can begin again, adding bicarbonate of soda and watching it settle.