

# Willow Class News



## PSHE

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This week has been a focus on PSHE.



On Monday - we talked about feelings. How we feel when we're happy, and what makes us feel happy, and what we can do to help ourselves if we feel sad or unhappy. We had some fantastic responses and the children engaged really well. We also explored ourselves through sensory exploration. Great start to the week Willow Class!



On Tuesday - we looked at personal hygiene and ways to keep ourselves clean. The children brushed their teeth for 2 minutes while we watched a song about brushing teeth, washed our hands following a sequence, played hairdressers, and enjoyed a foot spa, which was fantastic!



On Wednesday - we looked at healthy eating. The children talked about foods that were healthy and tried some fruits and vegetables. We had tomatoes, broccoli, carrots, pears, apples and bananas. Dylan tried some milk, which was great! Although he did say it was yucky!! Well done to everyone for trying new healthy foods! Super stars!

On Thursday - we looked at ways to stay fit and healthy. We did a Joe Wicks work out first thing, followed by Forest Schools. After a break we did our yoga session which was relaxing, and then played on bicycles and go-karts. In the afternoon we talked about activities we can do to stay healthy, before going out to Rugby tots! Keeping fit today, should help us sleep better tonight! Ethan enjoyed tac pac sessions and sensory message, and was a super star with his IEP targets again this week!! Well done Ethan!



On Friday - we talked about being good friends and how important it is to be good friends through positive play and kind and gentle hands. The children were very good with this.

Have a fantastic half term break. See you in a week!



And finally...



Star of the Week goes to...



Khane, for being a great friend and helping with jobs around the classroom! Well done Khane!



Reminders...

School today for half term - Friday 28<sup>th</sup> May

School re-opens on Monday 7<sup>th</sup> June

If a member of your family shows signs of Covid-19 symptoms, please follow the government guidelines

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority->

# Look what we've been up to this week...

