## Monday

## The Elves and the Shoemaker

Once upon a very long time ago, there lived a kind-hearted shoemaker and his wife. Unfortunately, the couple had become so poor that at last they had nothing left but the leather to make one pair of shoes.

One night, after a supper of bread and jam, the shoemaker shuffled to his workshop with his head hung down and his shoulders hunched. As he cut out the shoes from the last piece of leather, his wife appeared, "Try not to worry. Everything will soon be all right. Leave that tonight. You can finish the shoes tomorrow," she said softly.

Little did they know but three little elves, Clary, Pepper and Jas, heard the shoemaker's wife. They felt sorry for the kind man and decided to help. Working through the night, they cut, sewed and decorated until they had made a beautiful pair of shoes!

In the morning, the shoemaker and his wife were amazed to see the delightful, little shoes on the workbench. "Where have these come from? Who made them?" they wondered. Soon, a merchant saw the shoes in the shop window and bought them immediately. He was so impressed by the shoes that he gave the shoemaker enough money to buy leather for two pairs of shoes.

Working through the night, they cut, sewed and decorated until they had made two beautiful pairs of shoes!
This continued for many more nights, until the shoemaker and his wife were no longer poor. One night, the couple decided that they wanted to know who was making the shoes so that they could thank them for their kindness. After a hearty supper, they laid out the leather, hid in the workshop and waited to see who their helpers were.
Clary, Pepper and Jas crept into the workshop and by the light of the moon, cut, sewed and decorated until they had made several beautiful pairs of shoes!
"How lucky we are! We must return their kindness!" declared the shoemaker's wife.
"Their clothes are ragged and torn. Let's make them some new clothes," the shoemaker suggested.

So, all day, they cut, sewed and decorated until they had made three teeny hats, three perfectly miniature suits and three tiny pairs of charming shoes. That night they left them on the workbench for the generous elves.

By the light of the moon, Clary, Pepper and Jas danced a jig of happiness on the workbench. Dressed in their brand-new hats, suits and shoes they left the shoemaker's workshop, not ever to return.

The shoemaker and his wife lived happily ever after, never forgetting the three little elves who helped them in their time of need.

Hat varw men mauk




|  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
|  |  | $\times$ |  |  |  |
|  |  |  |  |  |  |
|  |  |  | $\omega$ | -1 |  |
|  |  | a | $\boldsymbol{\omega}$ | 0 | 0 |
|  |  |  |  |  |  |

## $9 \times 5 \varepsilon$ (q <br> $5 \times 5 z$ (0 <br> suo!̣סว!

## $9 \varepsilon \times \geqslant(p$ <br>  <br> $97 \times 5(3$



|  |  |  |  | 㐍 |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | - |


|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\times$ |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  | $\omega$ | $\rightarrow$ |  |
|  | A | - | $u$ | - |  |
|  |  |  |  |  |  |



7. Find the missing numbers.
What mistake has Tommy made? Work out the correct answer.

₹ $\times$ LE 子no syom fiwwo 1

## Introduction

## What is a feeling? ?

Establish or reinforce existing ground rules - add or emphasise any ground rules that are especially relevant to this lesson.

In small groups, pupils discuss what a feeling is and what feelings do. Then display the following definition and discuss with the class:

A feeling is our emotional state, or our reaction to something. Feelings are important because they help us to manage different sitwations and look after ourselves. Feelings and emotions are about our minds but we might also experience them in our bodies.'
Teacher's note: For pupils in KS2, we suggest using the terms 'feellings' and 'emotions' interchangeably as their definition is similar, but for your own subject knowledge these words can be defined as

- Emotions a strong feeling deriving from one's circumstances, mood, or relationships with others; an instinctive or intultive feeling as distinguished from reasoning or knowledge*
- Feeling: an emotional state or reaction, an idea or belief, especially a vague or irrational one, or the adjective feeling showing emotion or sensitivity'


## Core ativities



Remind pupils of their learning from KS1; that we have lots of different feelings all the time and that different things can influence and affect our feelings; that our feelings change often.
Using Resource 1: Ziggy's day, pupils demonstrate their understanding of this by working in pairs to plot a character's possible changing feelings at different times of the day.

Discuss how much Ziggy's feelings changed throughout the day. Compare the different feelings they thought Ziggy might experience at different times.

Pupils may hove different responses and you may need to reiterote that people often feel differently about different things (Refer bock to K51, Year 1 and 2: lessan 21.

## Support:

Provide printed cards (pictorial or written) showing a range of feelings - pupils match appropriate cards to the timeline. Some pupils may need additional adult support to talk about Ziggy's feelings at different times of the day.

## Challenge

Pupils describe the feelings Ziggy experiences in more detail and explain why Ziggy feels like that at different times of the day.

# 15 Card sort: How does it feel? 

Reflecting on the previous activity, briefly highlight how Ziggy's feelings were influenced by, or in response to. things happening.

To explore this concept further, provide groups of pupils with envelopes containing a set each of Resource 2: Moments cards.

Pupils take it in turns to draw a card from the envelope, then decide as a group whether it would give a good, not so good or neutral feeling, and place the card in groups on their table. As for the previous activity, note that people might feel differently about different things.

After a short time, stop the group work (they may not have used all the cards from the envelopel. Ask them to assess whether, according to the moments cards, it was a good day or not-so-good day, so far. Discuss the types of things that made the day better or worse; things we can control and things we can't. Allow the pupils to continue the activity until they have used all the cards.

Teacher's note: Point out that some of the examples on the cards can be interpreted as online behaviour as well as offine; the emphasis an this will depend on the experience of the pupis in the class and teaching should be adapted as necessary. Examples include there is an argument in the group: sanmeane says samething nasty to someone else; no one wants to play today; someone is not included.

Discuss with the class that there are some ways we can help to make our days feel better, or to help recover if something happens that doesn't make us feel good and that this is all part of looking after our feelings and emotions (our mental health).

In pairs, pupils read Resource 3: Sammi's blog post and identify the different ways Sammi suggests people can feel good every day (or better, if something feels not so good). Discuss their opinions on the blog. Do they like the ideas? Have they got any others to suggest?

This might inclusk things Muer hoving a huer thinking af samething or somewhere nice; healthy food or talking to mum/ dad.

## Year 3/4: Lesson 1 Resource If Ziggy's Day

Read the day-in-a-life story below. Add possible feelings to the timeline. (1)



## Get the good feels!

## Feeling good every day

Different things happen every day that make us feel good and not so good. For example, I missed the bus this morning and was late, I felt worried about it so that was a not so good feeling. But then I got a star for my art-work and I felt proud, so that was a good feeling.

There are ups and downs all the time. But there are some things we can do to help us have more of the good feels - simple ideas of things you can do every day...

- Go outside! Get some fresh air
- Run around or play - do something active that gets your body moving
- Have you got a hobby that you enjoy? Learn something new!
- Hang out with your family or friends
- Doing something nice for someone else
- Helping others - it feels good for you too!
- Read books you like
- Listen to your favourite music - sing and dance!
- Have a good night's sleep
- Relax...


## What to do if something feels not so good

If things happen that make us feel not so good... don't worry! There are things you can do to feel better. Here are some ideas...

- Talk to someone about it
- Take your mind off it - do something else
- Take some deep breaths
- Count to 10 !
- Know that this moment will pass
- Choose something from the list above
- If it feels very bad or not right... tell a trusted adult - they can help you!

I hope this blog helps you to get more of the good feels!


## Author

Sammi Clarke
Basketballer. Teenage blogger, Big brother.

## Tuesday

## How To Be A Superhero

So you want to be a superhero? I don't blame you. It's a fantastic career. You get to travel the world, meet lots of interesting people and thwart their dastardly plans. I feel I must warn you, though. It's not all fun and games. Villains nowadays are cunning. They love nothing more than to see a superhero sliced into smithereens by a laser beam or catapulted into a volcano. It's not for the weak-hearted.


There are a few steps on the road to heroism. Ideally, you will already know who your arch-nemesis is going to be. If you are struggling to find a devious villain, look for large public items being stolen. Something like the Queen, Stonehenge or the moon would be a clue that somebody is up to no good. Make a point of contacting your nemesis as soon as you can to let them know you're onto them.

Your media personality is vital. Make sure you spend as much time in front of the news cameras as possible. You need to ensure that you are always on television. Remember, it doesn't count as a superhero good deed if you don't tell people about it

So you've got your nemesis, and you know what your first mission is going to be. What next? Now it's time to act. I don't mean actually get the thing back. That will be later. You need to actually act now. You might not care that much about the moon, but you need to act as though the villain has stolen your favourite birthday present. People love it if you can cry on TV. A cute doggy sidekick will win you even more points.

Only once you've annoyed your enemy and boasted about how you'll destroy them on TV (all while crying) can you start your mission. You might find that somebody else has solved the problem by this point. That's a great outcome. You've had all the media without having to fight off angry lasersharks or evade a series of frustrating booby traps.

Things get dangerous if you still have to carry out a mission. Try to minimise the danger by giving up when things get too tough. Even scientists aren't allowed to play around enormous rockets hidden in the middle of volcanoes, so why should you?

Sometimes things are a bit easier. Villains aren't always the sharpest tools in the box and like to tell everyone where they are hiding. Secret lair? More like a conspicuous mansion on a deserted island! You will inevitably get caught at some point. When this happens, just keep asking them questions. Villains seem incapable of carrying out punishments until they have talked about it for
hours and held an in-depth question-and-answer session. This can buy you valuable time.
Even if you do manage to complete your mission, you must let the villain go free. Once you put the villains in jail, you'll be out of a job. Make sure there's always a regular supply of villainy by always letting them go.








$\theta$
(a)
 -

-fiym uippodxg
Do you agree with Annie?



## Core activities

## 5 Warm up game: feelings hot potato

Reinforce existing ground rules - add or emphasise any ground rules that are especially relevant to this lesson.

Pupils stand in a circle and throw a ball or beanbag (a 'hot potato') to each other. When each pupil catches the 'hot potato' they try to name a different feeling or emotion. Pupils have the right to pass if they can't think of one.


This activity will help to introduce more words to describe the intensity of feelings.
Pupls work in groups to match the word cards from Resource 1: Feelings match up to the root words (happy, sad, scared, angry, worried, pleased). You may wish to provide dictionaries. Should some groups complete this activity quickly they should use the blank cards to think of other words in each set, as an additional challenge.

C PSHE Axsociation 2019

## Feelings thermometers (cont.)

Next, pupils rank the synonyms of the root words on a scale of intensity to show how feelings can build up or suddenly burst. Ask them to clearly identify the words that best describe the strongest or most intense feelings.

As a class, discuss their work, explaining that: feelings change all the time, but sometimes things happen that moke our feelings build up and up untli they become very strong or intense. Sometimes we get a very strong or intense feeling from just one thing or moment in time. Eventually for the most part, very strong feelings tend to fade. You mary want to add that if someone feels like this a lot of the time or if they know someone who does, it is best they talk to someone (trusted adut) about what is happening. It is important to be abie to describe our foelings as it helps us and others know how to manoge them.

## Support: <br> 

Pupils may need adult support to discuss the meanings of the different words. Pupils can be given fewer root words and synoyms to match up and then just identify the words that suggest a more intense or strong feeling, rather than making a scale of intensity.

## Challenge

On flipchart paper, pupils work in groups to brainstorm as many other words as they can associated with a given root word le.g. happy, sad, scared, angry, worried, pleasedl, then choose three words to rank on a scale of intensity. They can also think of different root words. You may wish to provide thesauruses to help.

Expressing feelings


Display images from Resource 2: Picture a feeling around the classroom. Pupils suggest which feelings words are suggested by each image, share ideas and discuss.

Provide the class with examples of how feelings are often described as similes or metaphors and discuss their meaning, for example:

- Colours: 'she saw red', 'feeling blue', in a black mood', 'tickled pink' or 'green with envy'
- Temperature: 'hery temper,' boiling over with rage' or 'cool as a cucumber'
- Images: 'over the moon', 'shaking like a leaf' or 'walking on sunshine'

Use these as a stimulus for the following activity.
Each pupil chooses one of the words from the feelings thermometer activity (it is a good idea to choose a more intense word or feelingl and using Resource 3: Body outline as a basic template on which to draw and write, they respond to the following questions:

- If you could explain where in the body someone would experience that feeling, where would it be?
- If the feeling had a colour, what colour would it be?
- If it had a shape what shape would it be?
- If it had a texture, what texture would it be?
- If the feeling were an image or a picture, what would this be?
- If the feeling had a sound, what sound would this be?


## Scenario: giving advice and signposting support

Discuss with the class, why finding ways to express feelings is important for our health and wellbeing. For example: if we allow a feeing lilike anger) to bulid up without expressing it, it con build up so much that it explades and this moy come out in inheathy or not very nice ways, like if someone shouts at someane eise for no reasan.

Read the following scenario to the class:
Jamie feels warried a lat of the time. Everything seems to worry lamie. it feels like all the worries in the warld are bulding up into a big pile, sometimes it feek like a wail of worries. Jamie tries not to think about what is happening or the feelings.

Pupils discuss in pairs or small groups:

- What would help Jamie express the feelings?
- What might be stopping Jamie from doing this?
- What might be the consequences of Jamie not expressing the feelings?
- What would most help Jamie in this situation?

Take feedback. Reiterate the importance of talking to someone about difficult feelings, especially if they have not so good feelings like worry, sadness or loneliness. Recap different ways to express feelings (including writing, art-work) but include the importance of taking to others.

Year 3/4: Lesson 2 Resource 1: Feelings match up
Match the similar feelings, then rank them on a scale of intensity.
lappy




## Wednesday


(n)


Use base 10 or counters to work out the divisions.
*



suo!!!!!!p әчц әұәןdmo) (q


suol!̣in!p ع әло әдән


Use the part-whole models to complete the divisions.
$\square=5 \div 590$


## Core activities

## 10 Feelings and behaviour

Reinforce existing ground rules - add or emphasise any ground nules that are especially relevant to this lesson. Remind pupils of the previous lesson when they explored how feelings and emotions are experienced in the body and wiays of describing these. Explain that this lesson will focus on how our feelings make us behave and what we can do about this.

Display the following feelings words on the flipchart or whiteboard, surprise, excitement, anger, fear, disappointment, sadriess. joy plus any others you wish to include. Pupils work in pairs to choose one of the words and jot down the different actions or reactions people might have to this feeling. Take feedtack.

Point out that there is likely to be more than one reaction to each feeling. Reiterate that people react differently, although we may all experience a simitar feeling, our reactions to that feeling may be many and varied and may be particular to an individual.

Pupils may mention unhealliby behwiours, arknowledge these but refer to safeguarding guidance if necessary.

## 15 Think, feel, do



Discuss that it can be difficult at times to control or manage feelings - this can depend on the feeling and the situation a person finds themselves in (as well as individual personalities).

Using Resource 3: Think, feel, do scenarios, pupils work in groups to look at a different scenario each (choose the ones you feel are most appropriate for your pupils' needs) and complete Resource 4: Think, feel, do worksheet, part 1.

Pupils read the scenario, then consider, discuss and record their thinking about:

- How the character is feeling - What vocabulary would they use to describe the feeling/feelings?
- How the character might react - What physical reaction they might have or what physical action they might take. Would that be appropriate in the situation? Why or why not?
- What would help the character in the moment - at the time of this situation? What could or should they do?
- What would help the character after this situation? - What could or should they do?


## 10 Class discussion: How does it feel to talk?

Discuss with the class how many of them suggested the character (in the previous activity) talk to someone about how they were feeling (either the other people in the situation or someone else). Why did they think this would help the character?

Display the following words and phrases on the flipchart or whiteboard:
nervous, entbarrassed, relieved, weight-off-your-shoulders, good, unsure, ashamed, ok, relaxing.
Discuss these questions with the pupils: Is it likely people might feel these things when talking about their feelings and emotions? Do they feel other things? Are any feelings more likely than others? Would any of the characters they have been talking about feel these things? Should people still talk about their emotions, even if they feel embarrassed or nervous, for example? Why?


FEEL - How is the character feeling? What words can you use to describe this?
$\square$

THINK - How might the character reart? What plyysical reaction might they have or what plysikal action might they take? is this ok in this situation? Why?/Why not?

DO - What would help the character at the time of thls situation? What could or should they do? Should the character do anything after the situation?

SAY - At the time of the situation, whom should the character talk to? What should they say?

After the stuation, who should the character talk to? What should they suy?

## Thursday

What Am I?
Mílk-sipper,
claw-scratcher,
Leg-hugger,
Mouse-catcher.

Flea-houser,
paw-cleaner,
Fly-suatcher,
Fur-preener

Day-snoozer,
Moon-seeker,
Tail-twitcher,
Mouse-squeaker.

$\begin{array}{llll}\varepsilon Z & 6! & \text { St } & 0\end{array}$


nof djay of sau!l daqunu ayt asก

Mo can make $\square$ pentagons.

There are $\square$ lolly sticks remaining.
There are $\square$ groups of 5

Complete the sentences.
How many pentagons can Mo make?


Mo can make $\square$ triangles.

There are $\square$ lolly sticks remaining.

There are 17 lolly sticks.


0

$$
\begin{aligned}
& \text { - }
\end{aligned}
$$


(e)

 is fiq pepentp
How do you know there is no remainder when 75 is

Friday


