

The Reflection IN ME



For our final week, we shall be reflecting upon all the things with have learnt around wellbeing. We have focused on connecting with others, ways we can keep learning, how we can be active, the time to take notice and finally the gift of giving.

In our reflection week, I want you to write or record a letter to your future self. You will need to express all the things that you "love/like" about who you are. What is it that makes you unique?

This activity would be an amazing way to end our journey for now. It gives children the opportunity to look internally at themselves and like it. Helping them to build that self-esteem and self-worth.

It is optional how you do this activity, either in the recording of a message to yourself or writing a letter, if you could please upload your work onto Class Dojos by Thursday please, it would be super to share these examples with your class teacher.

Here is a link for a short clip that you can use to help inspire you.

<https://www.youtube.com/watch?v=D9OOXCu5XMg>

I cannot wait to see these, have a lovely week!

Mrs James