

WALT identify my goals for this year, understand my fears and worries about the future and know how to express them

WALA our Jigsaw Journal

WALA feeling welcome and valued and knowing how to make others feel the same

Key Words:

goals

worries

fears

value

welcome

Do now: give a quick definition for each of these.

Connect Us: Meet and Greet Bingo Game

Everybody is going to write a one-word answer in each box of the bingo game sheet. We will then find other people in the class who put the same answer as us. When we find a match, we will write their name in the box. The first person to complete their sheet shouts, "Bingo!" and is the winner.

My favourite animal is...	My birthday is in the month of...	My favourite food is...
The worst TV programme is...	My favourite hobby is...	Someone I admire is...
My favourite school subject is...	The worst colour for a school uniform would be...	If I won an Olympic Gold medal it would be in...

Calm Me



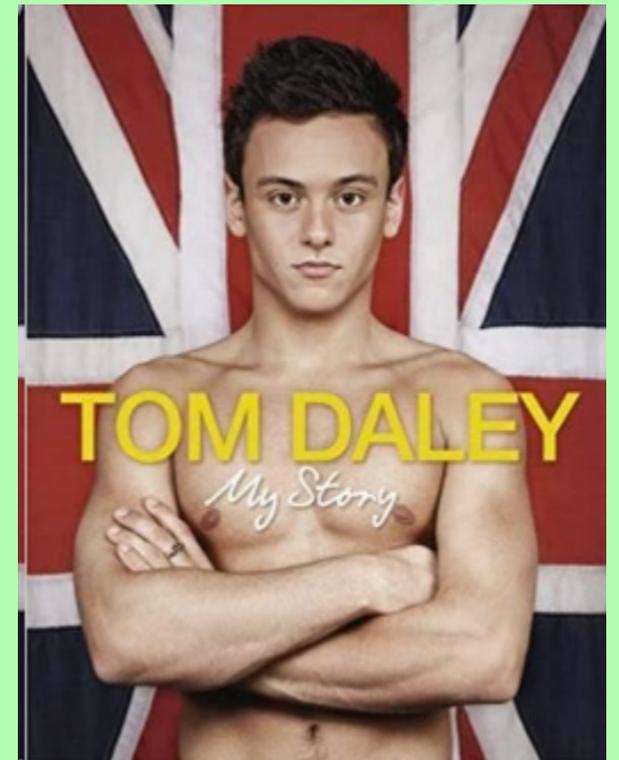
Invite the children to put both feet on the floor to sit up straight, but relaxed, and to have hands on their tummies. They can then close their eyes or focus on the calmest picture. Gently sound the chime and ask the children to listen to it until the sound is all gone. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Gently sound the chime again and invite the children to listen until the sound is all gone, and then to open their eyes and use their calm mind to help them learn.

Open My Mind

Look at the front cover of Tom Daley's autobiography.

How do you think Tom felt when he was awarded his bronze medal at the 2012 Olympics?

Write two sentences about your own biggest achievement.



Tell me or show me

Tom Daley achieved a bronze medal at the London Olympics in 2012 when he was just 18. In the same year, he got 3 A-levels.

When do you think Tom set himself the goal of winning an olympic medal?

Just before the olympics, Tom's dad sadly died from a brain tumour. His father had been his greatest support and shared his dream of Tom achieving an olympic medal. Do you think Tom's dad's death would have made a difference to him? Do you think he had any fears or worries prior to the competition?

Discuss any fears or worries that come with goals.

Let me learn and help me reflect

Complete the spiral template in your Jigsaw Journal. In the spiral, write any worries you have about being in Y6.

On the flag template, write your hopes and goals for Y6.

Fill in your reflection at the end.