

**John Randall**

Be Ready, Be Respectful, Be Safe

Year 1  
Daily learning  
22.1.2021

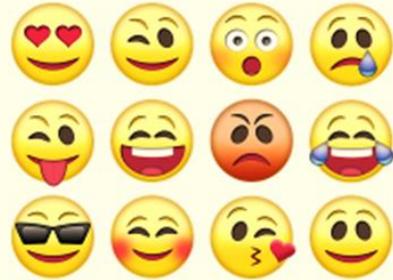
# How are you feeling?

## Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.



Usually feelings that don't feel so good, don't last long.

© PSHE Association 2020

13

How do you feel today?  
Can you draw an Emoji face to show your feeling?

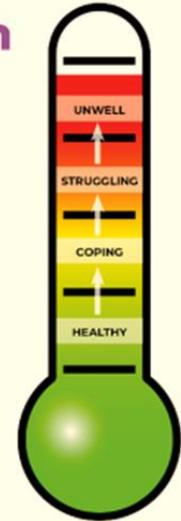
## Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



© PSHE Association 2020

7

## Who can help?



Friend

Teacher

Parent

Childline website [www.childline.org.uk](http://www.childline.org.uk)

No-one

Childline text / phone line 0800 1111

Someone else

If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult – they can help you find the right support.

© PSHE Association 2020

16

22.1.2021

Handwriting (12A)

three three three three three  
four four four four four four

Spelling (common exception words)

was

is

his

has

I

*Can you put these words into a sentence?*

# Phonics

**Please follow link below and take part in the lesson.  
If you are unsure which group you are in please ask.**

Miss Daley's phonics group (set 1) –

<https://schools.ruthmiskin.com/training/view/u8Q3xwWc/IDhFfOV6>

Mr Gregory's phonics group (set 2) –

<https://schools.ruthmiskin.com/training/view/yRvEEcsl/uJX7hSJy>

Mrs McCurrach phonics group (set 3) –

<https://schools.ruthmiskin.com/training/view/x3tcDtj5/PG1kTrdh>

**Talk to an adult - How do you think learning in this subject today will be of use to you in the future?**

# Year 1 Punctuation ladder lesson

Its freestyle Friday, so you have five minutes to write some sentences using as many features of the punctuation ladder that you can.

## Example

I miss school.

What's for lunch today?

I love fish and chips !

I went to the park **and** I went on the fast slide.

Year 1
.
Capital letter
Finger spaces
?
!
<u>Short</u>
<u>Compound</u> -and

# English – Owl Babies

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

Can you listen to the link, have a think and then write how the Owl babies were feeling at different times in the story. You can use these sentences openers and then finish it in your own words.

*At the beginning of the story the owl babies were feeling ...*

*In the middle of the story the owl babies were feeling ...*

*At the end of the story the owl babies were feeling...*

**Year 1**

.

**Capital letter**

**Finger spaces**

?

!

Short

Compound  
-and

Talk to an adult - Is there anything that made it difficult for you to follow the lesson/learning today?

# Maths - mental maths

1  
 $12 + 2 =$

6  
 $14 + 2 =$

11  
 $13 - 3 =$

2  
 $10 + 7 =$

7  
 $\square - 2 = 8$

12  
 $4 + \square = 7$

3  
 $8 - 2 =$

8  
 $18 + 0 =$

13  
 $\square - 4 = 1$

4  
 $\square + 9 = 11$

9  
 $13 + 6 =$

14  
 $10 - \square = 3$

5  
 $11 + 3 =$

10  
 $14 - 0 =$

15  
 $17 - 10 =$

# Common exception words

Please learn these five common exception words this week. You must be able to read and spell them correctly. Remember these common exception words are very important as they will help you read fluently. They are the words we used to look at every day after lunchtime and the red words in all the phonics books we started.

was

is

his

has

I

Can you put any of these words in a sentence?