

**John Randall**

Be Ready, Be Respectful, Be Safe

Year 1  
Daily learning  
8.1.2021

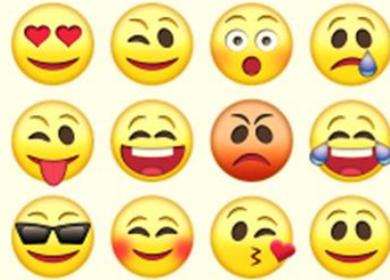
# How are you feeling?

## 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.

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

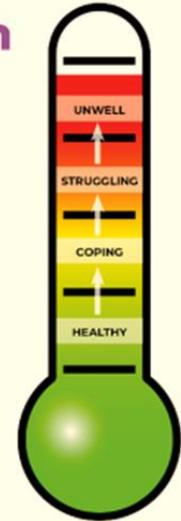
## Thinking about mental health

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.



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## 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.

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Handwriting (11A 11B)

J J J J J J J J J J J  
U U U U U U U U U U U

Spelling

have

what

when

there

some

Challenge word - because

# 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/AqB4EGUP/pDLhvy5b>

Mr Gregory's phonics group (set 2) –

<https://schools.ruthmiskin.com/training/view/mml7Yqxa/1WZZv6at>

Mrs McCurrach phonics group (set 3) –

<https://schools.ruthmiskin.com/training/view/uIpfYWtH/eJ66JWQb>

# Year 1 Punctuation ladder lesson

Can you change two short sentences to a compound sentence using **and** or **because**?

## Example

Mr Gregory was happy.

Mr Gregory was happy **because** it was school.

I ate a sandwich.

I ate a sandwich **and** then a cake.

**Year 1**

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Capital  
letter

Finger  
spaces

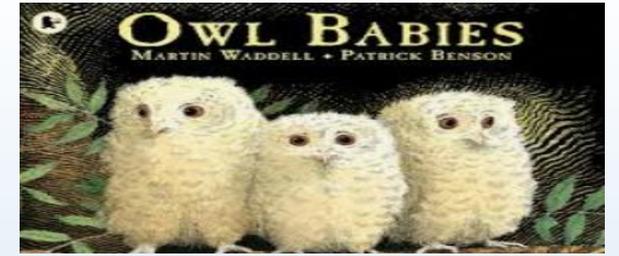
?

!

Short

Compound  
-and

# English - Owl Babies



Can you change these three sentences about Owl babies from a short to compound sentence using **and** or **because**.

The owl babies were happy.

It was dark.

The owl babies were scared.

# Maths - Mental maths

1 $7 + 2 =$	6 $\square - 1 = 7$	11 $20 - 1 =$
2 $1 - 1 =$	7 $4 + 3 =$	12 $2 + 8 =$
3 $\square + 7 = 8$	8 $0 + 0 =$	13 $9 + 10 =$
4 $17 + 1 =$	9 $8 - 7 =$	14 $2 - 0 =$
5 $7 + 2 =$	10 $3 - \square = 3$	15 $\square + 2 = 2$

# 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.

the

a

do

to

today

Can you put any of these words in a sentence?

# Geography - Jigsaw (PSHE) Dreams and Goals



How do you feel when you are successful at something?

How did you manage to achieve this success?

What else would you like to be successful with?