



INVESTIGATORS (Miss Horton)	08:30 - 08:50	08:50 - 09:20	09:20 - 10:10	10:10 - 10:30	10:30 - 10:45	10:50 - 11:50	11:50 - 12:40	12:40 - 1:05	1:05 - 1:55	1:55 - 2:05	2:05 - 3:00
<b>MON</b>	Registration / Challenges	Phonics and Spelling	Literacy	Whole Academy Assembly	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	Computing	<i>BREAK</i>	PE (Upstairs)
<b>TUE</b>	Registration / Challenges	Phonics and Spelling	Literacy	Guided Reading	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	Music (up to 1:30)	<i>BREAK</i>	Science (from 1:30)
<b>WED (JIM)</b>	Registration / Challenges	Phonics and Spelling	Literacy	Class / Year Assembly	<i>BREAK</i>	PE (Downstairs)	<i>LUNCH</i>	Class Novel / Maths Meeting	Maths	<i>BREAK</i>	Art / DT
<b>THU</b>	Registration / Challenges	Phonics and Spelling	Literacy	Guided Reading	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	RE (up to 1:30)	<i>BREAK</i>	Humanities (from 1:30)
<b>FRI</b>	Registration / Challenges	Phonics and Spelling	Literacy	PSHE	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	Golden Book / Reward Playtime (PPA)	<i>BREAK (1:45 - 2:00)</i>	ENRICHMENT (PPA)
PIONEERS (Mrs Pettit)	08:30 - 08:50	08:50 - 09:20	09:20 - 10:10	10:10 - 10:30	10:30 - 10:45	10:50 - 11:50	11:50 - 12:40	12:40 - 1:05	1:05 - 1:55	1:55 - 2:05	2:05 - 3:00
<b>MON (JIM)</b>	Registration / Challenges	Phonics and Spelling	Literacy	Whole Academy Assembly	<i>BREAK</i>	PE (Downstairs)	<i>LUNCH</i>	Class Novel / Maths Meeting	Maths	<i>BREAK</i>	Art / DT
<b>TUE (JIM)</b>	Registration / Challenges	Phonics and Spelling	Literacy	Guided Reading	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	Music (up to 1:30)	<i>BREAK</i>	Science (from 1:30)
<b>WED</b>	Registration / Challenges	Phonics and Spelling	Literacy	Class / Year Assembly	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	RE (up to 1:30)	<i>BREAK</i>	Humanities (from 1:30)
<b>THU</b>	Registration / Challenges	Phonics and Spelling	Literacy	Guided Reading	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	PE	<i>BREAK</i>	Computing
<b>FRI</b>	Registration / Challenges	Phonics and Spelling	Literacy	PSHE	<i>BREAK</i>	Maths	<i>LUNCH</i>	Class Novel / Maths Meeting	Golden Book / Reward Playtime (PPA)	<i>BREAK (1:45 - 2:00)</i>	ENRICHMENT (PPA)

REGISTRATION

PSHE PARENT CAFÉ 845-915

How are you feeling today?

Why are you feeling like that?



# Can you write a poem all about you?

## ★ Know Yourself, Grow Yourself ★

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# Can you write a poem all about you?

## Know Yourself, Grow Yourself



self-aware

grow

resilience



emotions

difficulties

likes



hopes



fears

dislikes

unique

strengths



connect with others

# Know Yourself, Grow Yourself

Knowing ourselves helps us build self-awareness and resilience. We can grow our connections with others as well as understand ourselves better.

Colour in the pictures below and think of the different things that make you unique!



Good-bye parents



# Create an island

## Activity 1 – Islands of Personality

Just like Riley, we all hold different Islands of Personality in our brains. These islands are created from our past memories, emotions, life experiences and passions. Ask the children to get into small groups or pairs. What are their Islands of Personality?

Ask each group to:

- Think of three ways their Islands of Personality are similar to each other
- Encourage them not to just focus on different parts of their personality, but what they are good at, their emotions and what makes them special

Get them to discuss where different parts of their personalities work together to make them who they are. Give them some examples, for instance: “Just like my friend, I love running and we are both good listeners, but they like playing tennis and they’re very funny where as I prefer singing and am very patient.” Ask the children to share their three differences and similarities, highlighting that we are all unique.



# Create an island

**PERSONALITY ISLANDS**

Above are Riley's five **Personality Islands** from the film. Together these make up her personality. Like Riley, we each have our own personality that makes us unique!

Think about the things that are important to you, what you enjoy doing, and what makes you who you are. Then draw five of your own **Personality Islands** in the circles below. Maybe you have a Football Island, a Friendship Island, a Painting Island, or an Honesty Island? Label each island with its name!

The worksheet includes five blank circles, each with a ribbon below it for labeling. The page is decorated with a blue circular background, a rainbow, and a character's face at the bottom.

## Create your own island

Who lives there?

What might you eat?

Where might you live?

**Make a neat copy of your poem**

Think about your handwriting and letter  
formation

# MY MOOD BOARD

Pop out your board outline and five **Emotion Markers**, then follow the instructions to fold up and create your very own **Mood Board**. Display it proudly! And ask yourself: How am I feeling today? Choose which emotions you feel and slide the corresponding marker into the gaps to show other people how you are feeling too. You can keep your other Emotion Markers safe in the pocket of the Mood Board for when you need them next!



TODAY I AM FEELING

_____	_____
_____	_____
_____	_____

# MY MEMORY BOX

Pop out your **Memory Box** outline and follow the instructions on the inside of the lid to assemble. Don't forget to add your name to the top! Now you are ready to fill your **Memory Box**. Look back at your activity book for some ideas on how you can use it!

