

## Watford FC Mindfulness Sessions Week 5

### Waterside Primary Academy – Year 6 Wye Class



#### For Monday

**Survey quiz link** – A quick 3 question quiz with no score/leaderboard used just to assess learning of week 1 content. Please ask pupils to complete this quiz once.

quizizz.com/pro/join?gc=6302027 (copy and paste into web browser)  
code: 6302027 (it shouldn't, but incase it asks for a code)

**Week 5 introduction video** – Video introducing all of week 5 content. There are 2 videos for this week's tasks, but all videos are within the description of the introduction.

<https://youtu.be/1Fox0PyKIHY>

**Task 1 Goal Setting** – The worksheet briefly explains goal setting and pupils are asked to set themselves 3 goals and write them within the three footballs.

**Task 2 Effective Communication** – Our team demonstrating the second task of effective communication whether it's done face to face with someone at home or through a computer screen with someone out of home.

<https://youtu.be/aqvVWWui6E8>

**Effective Communication Task & Result** – The task sheet explains the task again and gives the "listener" or "talker" roles they take up during their conversation. At the end of a conversation **they write down how that conversation went on their Effective Communication Result pdf.**

#### For Thursday

**Week 5 Content Poster** –

**Summary Video** – Liam going through some slides giving some final information on the weeks topic.

<https://youtu.be/JggZWZx-QvU>

**Please do send any of your completed work to our class Twitter page @Wye\_WPA and tag in @WFCTRUST**