

Watford FC Mindfulness Sessions Week 2

Waterside Primary Academy – Year 6 Wye Class



Monday Tasks

Survey quiz link – A quick 3 question quiz with no score/leader board used just to assess learning of week 1 content. You will need to just complete this once.

quizizz.com/join?gc=493835

code: 493835

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

<https://youtu.be/HPYcvlokGn0>

Task 1 Work sheet & Answer sheet – The worksheet briefly explains coping strategies & resilience as well as highlighting this week's tasks. The answer sheet is an editable PDF that you can complete to explain your coping strategies. Please do share these with us on our class twitter page! This PDF will be on the school's home learning website.

Task 2 Box Breathing Video – Liam demonstrating a coping strategy known as box breathing.

https://youtu.be/T_REafhkuJl

Task 3 Test Your Resilience Challenge – Take the 'Resilience Challenge!'. Watch the video link below and then send in pictures/videos of you taking on the challenge!

<https://youtu.be/Et4LOKpgjKY>

For Thursday

Week 2 Content Poster – A poster highlighting the weeks key points

Summary Video – Liam going through some slides giving some final information on the week's topic.

<https://youtu.be/6A7DWB785Ts>

