An Online Tool for Showing Kids Their Brilliance



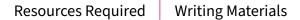
The third best thing in education **Primary Three** Planning and Preparation Toolkit

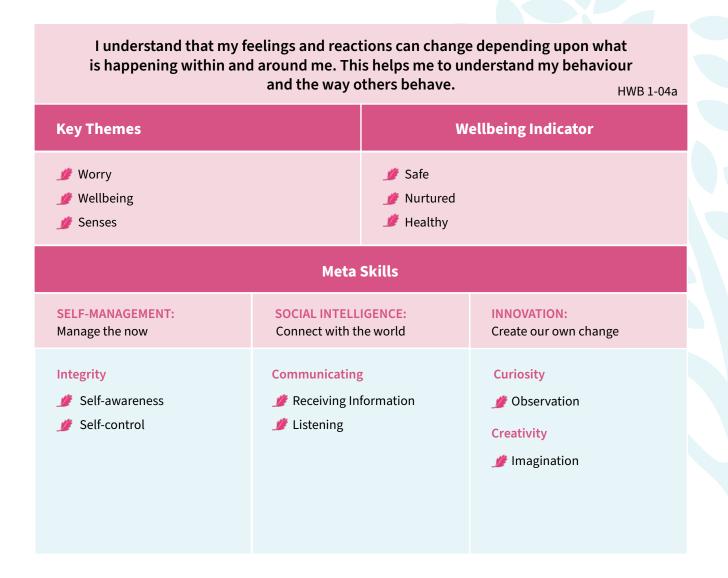
5 Things



Primary Three

Not everything in life is fun all the time, sometimes we can't escape the things that worry us. BUT we can use the power of imagination to transport us into a place where we feel safe, calm and happy!



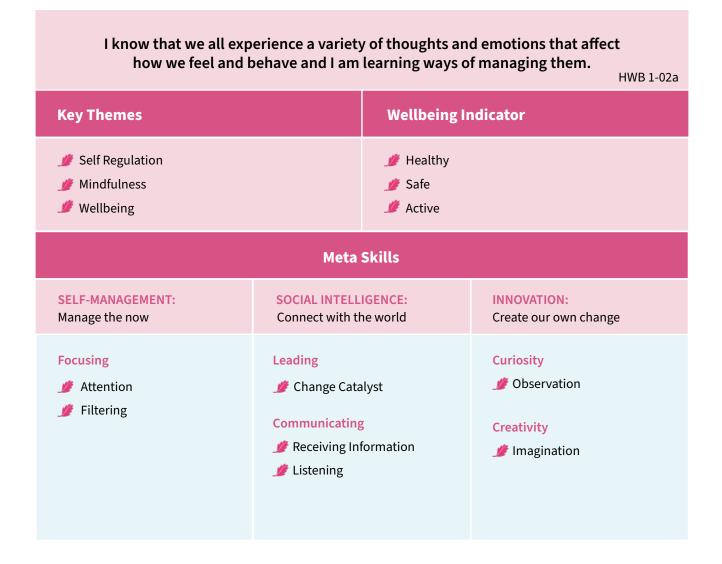


And Breathe...



Primary Three

Did you know blowing bubbles can calm you down? Discover the magical powers of breathing...



Could You Help Me Please?



Primary Three

There are lots of people in our lives who can help us. Explore the ways in which these people help to keep us safe everyday.



It Doesn't Matter



Primary Three

When you are not feeling great, or worried about something, who can you speak to and how can they help?

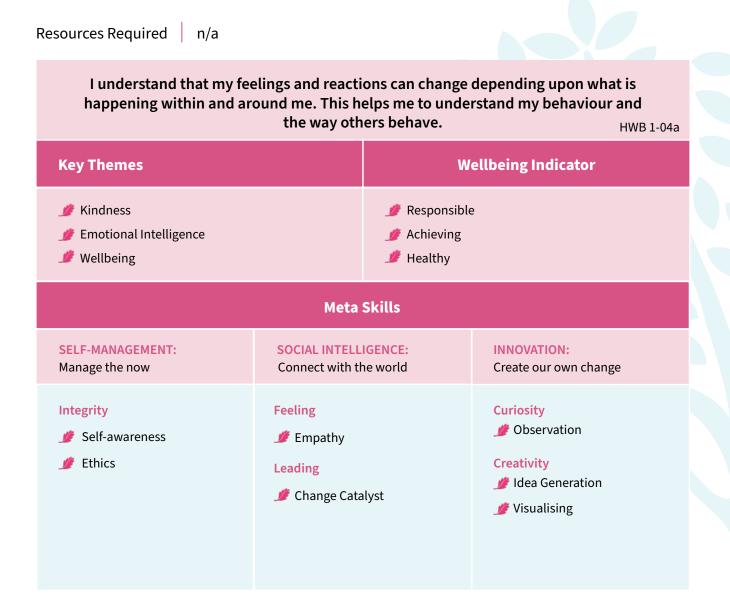


Kindness is Key



Primary Three

Sometimes it feels like we have different sides of ourselves competing to control us. The one that wins is usually the one we listen to the most.

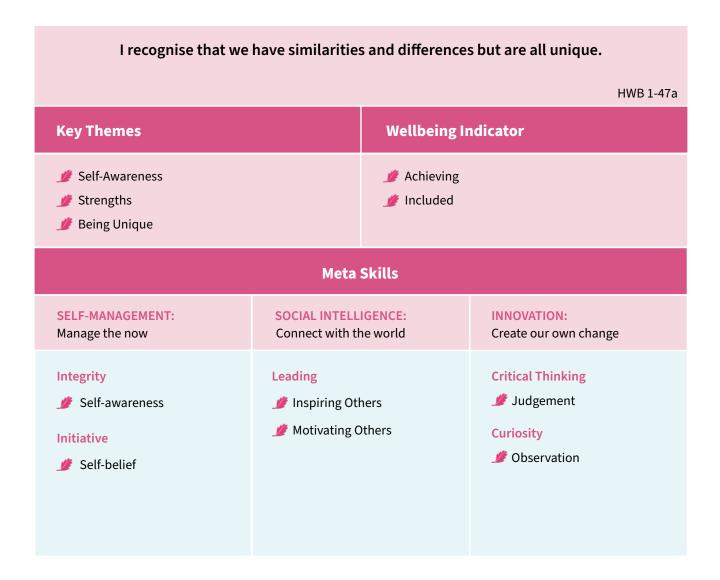


Mixed-Up Me

Primary Three

We are all a big jumble of strengths and skills, sometimes we recognise them, sometimes we don't. Take some time to reflect on the skills you would love to have, and how to develop them.

Resources Required Pens, paper, magazines, glue and scissors.



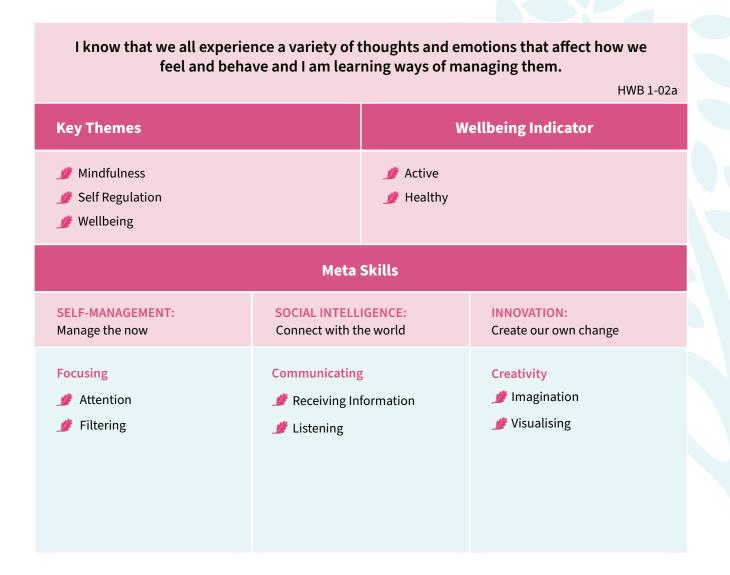


Pirate Pete Drops His Anchor

Primary Three

Pirate Pete is a very chilled out Pirate. He can't wait to share his mindfulness secrets with you! Get ready to drop your anchor.

Resources Required Writing Materials



Respect Headlines



Primary Three

Can you tell the difference between being respectful and being disrespectful?

Resources Required n/a

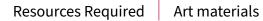
I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. HWB 1-05a Key Themes

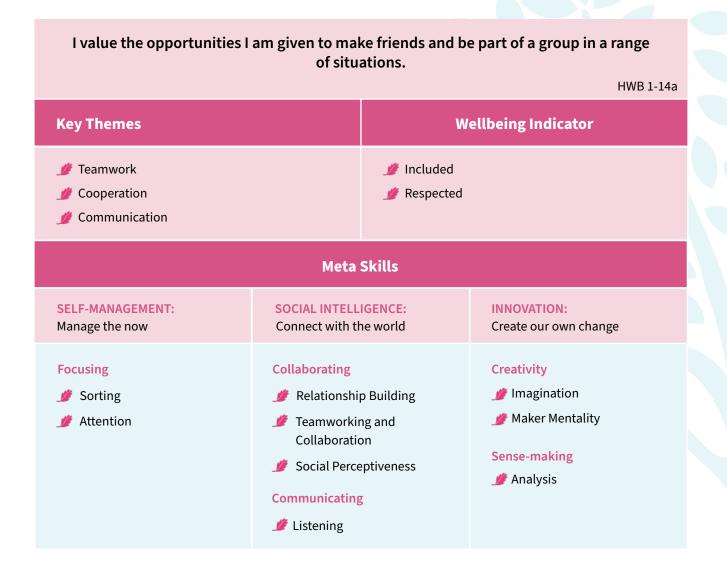
key memes		wellbeing indicator	
Respect Communication		 Respected Responsible Safe 	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change
Adapting Openness Adaptability	Communicating J Storytelling Collaborating Teamworkin Collaboratio	g and	Critical Thinking Deconstruction Judgement Creativity Idea Generation



Primary Three

It is not always easy to see the value in teamwork – why bother when you can do it all by yourself? But sometimes teamwork really does make the dream work!





Thank You!

Primary Three

Gratitude is a simple act, but when we practice it regularly, it can leave us feeling great!

Resources Required Writing Materials

I understand the importance of mental wellbeing and this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that it this happens there is suppor HWB 1-06a **Wellbeing Indicator Key Themes** *🇯* Wellbeing *爹* Healthy 🌽 Mental Health *🇯* Achieving 🍠 Support 🍠 Active **Meta Skills SELF-MANAGEMENT:** SOCIAL INTELLIGENCE: **INNOVATION:** Connect with the world Manage the now Create our own change Integrity Communicating Sense-making *M* Receiving Information 🌽 Self-awareness *🇯* Holistic Thinking *🇯* Giving Information Adapting *🇯* Openness Collaborating *🇯* Social Perceptiveness Initiative 🖉 Self-motivation



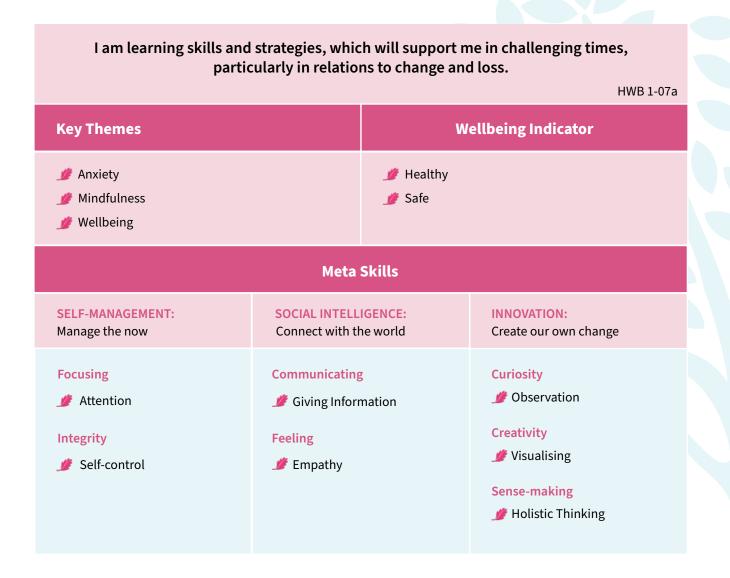
The Worry Jar



Primary Three

Worrying is totally normal, we all do it! But a worry jar can help you keep a lid on things...

Resources Required Glass jars. Art materials/pens/pencils. Glitter and bottles for calm jar.



You Can't Throw Me Out



Primary Three

Stuff! Stuff! Stuff! What do we do with it when we don't need it anymore and what should we keep hold of. Lets explore through some fun role-play, and hope no-one ends up in the bin bag!

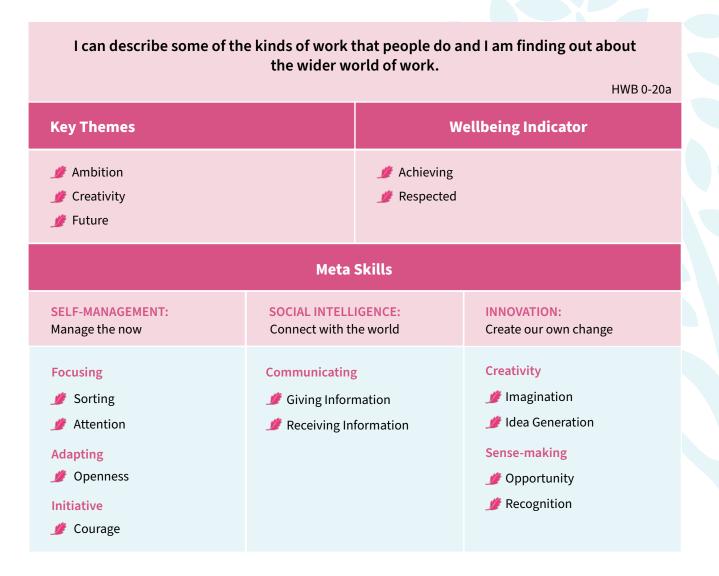


When I Grow Up



Primary Three

What jobs would you like to do when you are older? Have a think about all the great and exciting opportunities for us all!



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