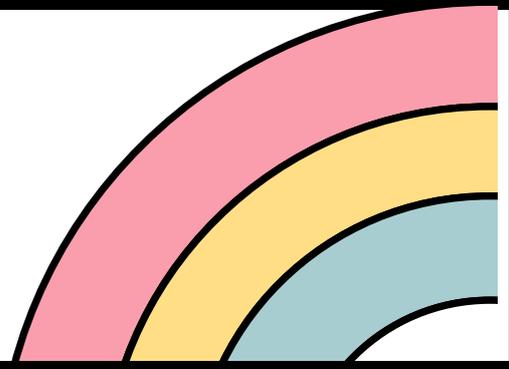


# YEAR 6

## Term 1 homework



- YOU ONLY NEED TO COMPLETE ONE TASK PER WEEK.
- YOU CAN ONLY COMPLETE EACH TASK ONCE.
- WRITE ANY RESPONSES IN YOUR HOMEWORK BOOK.
- ALL RESPONSES NEED TO BE A YEAR 6 STANDARD.

Identify 3 personal strengths and give an example of how you use each.	Write or draw about how you calm yourself when emotions feel big.	Draw yourself using one of your strengths at school.	Complete the sentence: One strength I want to use more this year is...
Write a short letter to your future self with encouragement.	Create a strengths goal for Term 2.	Write or draw about three things you are grateful for this week. For one of them, explain why it matters to you.	Talk at home about a strength you showed or how someone coped with challenges. Write one thing you learned.
Write about something you find challenging and how you try to cope.	Create a feelings scale showing emotions you might feel at school.	Draw a "challenge → strategy" map.	Talk to someone about a challenge you've overcome and record one helpful strategy.
Track one wellbeing habit for a week (sleep, movement, gratitude, calm time)	Teach someone at home a calming strategy you use. Write how it works and what they thought of it.	Create a poster showing "Things that help me feel calm"	Write or draw about a place where you feel safe and relaxed.
Do one kind act for someone and reflect on how it felt.	Reflect: What have I learned about myself this term?	Write about a time you helped a friend or were helped by one.	Draw or write about what makes a good friend.