**PSHE Week 2 Summer 2**

Lesson 1 (Monday):
Mindful Seeing: Describing what we see
Take one of the artworks (painting or sculpture) from your chosen artist that you researched in your Art from Week 1. Look mindfully at the piece of art and take note of how the artist described the subject. Look at the colours (bold, soft, primary, secondary, bright, dark). Look at the line (sharp, curvy, thick, thin). Look at the shapes (soft or hard-edged. Distinct or blurry, two or three-dimensional). Describe the artwork to someone using the descriptive words you have come up with.

Lesson 2 (Tuesday):
Find a very common object (leaf, shoe, apple) and put it in front of you. Look at it mindfully – as if you are noticing it for the first time! Describe it in the same way you described the artwork from yesterday – look at colour, line, texture, shape.

Lesson 3 (Wednesday):
When going into a new school, there are always worries and concerns. Divide a page in half lengthways. Write a list of these worries down one side of the page, for example: ‘I won’t make friends easily’ or ‘I won’t be able to cope with the workload’. Down the other side of the page, opposite each statement, write a positive fact about yourself that will help you to have a more positive outlook about that negative statement. For example: ‘I won’t make friends easily’ – ‘I am a good listener’
“I won’t be able to cope with the workload” – “I am able to make a homework time table and take it one step at a time”
Try and think of as many as you can to affirm the worry statement.

Lesson 4 (Thursday)
It is always good to have a few ‘conversation starters’ when you meet new people for the first time. Think about a situation whereby you are in a class with others that you do not know. What conversation starters could you use to perhaps start a conversation with them? For example: “I like your schoolbag – where did you get it from?” Try and brainstorm a few and perhaps practice them on people that you know in your home.

Lesson 5 (Friday)
Find a quiet place and get settled comfortably – being alert but relaxed. Take a few deep breaths. Let your eyes settle on something peaceful – the sky, the trees…
Once you are relaxed, close your eyes and continue to breathe calmly using the mindful breathing techniques you have learnt at school. Be still and enjoy being present in the moment for ten minutes. Set your time so you know when to open your eyes. Take note of how you now feel.

**Art Week 2 Summer 2**
Choose one of the artworks from your artist you chose in Week 1 – this can also be the same artwork as the one you looked at for PSHE in your mindful seeing. I want you to draw that artwork (even if it is a sculpture try and find a good image of it) being as precise as you can. If it is an artwork in colour then I want you to use any medium to draw it in colour. This can be A4 or A3 size. If it is not the same artwork that you described in PSHE – then you must also write about it – using the same description guidelines as mentioned in the PSHE Mindful Seeing lesson.