

Welcome Back

The start of a new school year
...Welcome back!

Bucks Mind Children and Young Peoples Team – Alice, Kat, Grace & Delphine

5, 4, 3, 2, 1
When you
feel worried,
ask yourself:

What are 5 things
I can see?

Pattern, colours, things
you've not noticed
before



What are 4 things
I can feel?

Your clothes, the warm
sun, a soft blanket



What are 3 things
I can hear?

Ticking clock, the wind
in the trees, traffic,
music



What are 2 things
I can smell?

Perfume, flowers,
fresh air



What is 1 thing I
can taste?



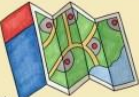


Drink, snack, hot
chocolate




What nice things can you
say to yourself today?



Why should we say kind
things to ourselves?

Builds Confidence 	The Power of Positive Self-Talk <small>www.thepathway2success.com</small>	
Improves Attitude 		
Allows for Taking Risks 	Encourages Motivation 	Helps Work Through Challenges 

How many can you do?

- 1. Pat your head and rub your tummy at the same time
- 2. Roll your tongue 
- 3. Say 'she sells seashells on the sea shore' 3 times in a row
- 4. Hop on one leg for 1 minute
- 5. Name 5 things that are yellow

I Have A Little Frog



I have a little frog
His name is Tiny Tim,
I put him in the bathtub,
To see if he could swim,
He drank up all the water,
And gobbled up the soap!
And when he tried to talk
He had a bubble in his throat!

Welcome Back

Get moving in the classroom



<https://www.youtube.com/embed/d3LPrhI0v-w?feature=oembed>

Schools around the world



Did you know...

- The largest school in the world is in India. It has 32,000 students!
- School kids in China get the most homework.
- In Finland, you don't start school until you are 7 years old.
- Not wearing school uniform is common in countries including the USA, France and Germany.



My favourite things

My favourite subject at school is...

→ I like it because...

My favourite thing about playtime is...

→ I like this because...

My favourite food to eat at lunchtime is...

→ I like it because...

My favourite thing about my school is...

→ I like this because...

What do you want to achieve
this school year?



NEVER EVER
EVER
GIVE UP!



**WORK
HARD
PLAY
HARD**

