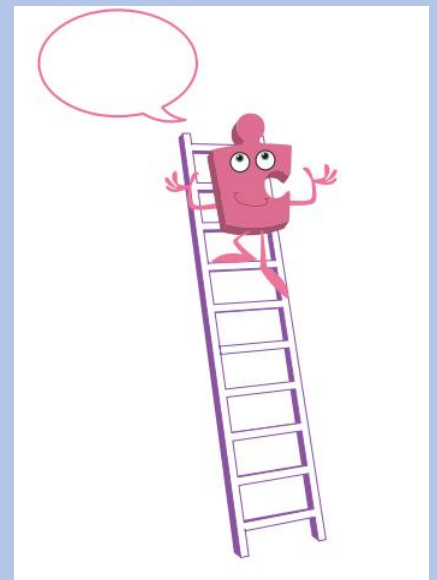


## PSHE – Dreams and Goals Lesson 3

- Hopefully you have all been enjoying the PSHE lessons so far in our new topic **Dreams and Goals!**
- As usual, at the start of every PSHE lesson, we would like you to spend a little bit of time being calm, thinking about our breathing and happy thoughts. We wonder if you could have a go at this at home? Normally we use a chime to ring and listen until the sound fades away. This video is a good alternative:  
<https://www.youtube.com/watch?v=hzuakhwskw>
- This week in PSHE we are **looking for children who work well with others**. This could be with a sibling or a parent at home and it doesn't necessarily have to be working well together doing school work! It could be children who are playing nicely together, helping out with a task at home or tackling learning something new together!
- Think back to last week's 'ladder to success' worksheet. Remind yourself of the goal you want to achieve and the steps you are going to need to take to achieve it. Spend a bit of time working on the steps you need to take (if this is possible at home) **or** have a go at the other challenges (**see below** – *Learn the Macarena dance or practice 1-10 in Mandarin and/or Spanish!*)
- Remember, it might be easier to practice these challenges with somebody at home if this is possible. After all, we are looking for children who work well with others this week!



Have fun!

### Learning the Macarena dance:

Watch this video first: <https://www.youtube.com/watch?v=OzV63IRR8BQ>

Or follow the steps below!

1. Right hand straight out in front, palm down.
2. Left hand out, palm out.

3. Turn right palm up.
4. Turn left palm up.
5. Right hand to left shoulder.
6. Left hand to right shoulder (both arms crossed over the chest).
7. Right hand to back of your head.
8. Left hand to left of head (you should now look like you're doing sit-ups).
9. Right hand touches left hip.
10. Left hand crosses to right hip.
11. Right hand to right hip.
12. Left hand to left hip.

## **Learning 1-10 in Mandarin Chinese:**

Watch this video to help you to pronounce the numbers first:

<https://www.youtube.com/watch?v=WoKI-FUQRGw>

1. Yi
2. Er
3. San
4. Si
5. Wu
6. Liu
7. Qi
8. Ba
9. Jiu
10. Shi

## **Learning 1-10 in Spanish:**

Watch this video to help you to pronounce the numbers first:

<https://www.youtube.com/watch?v=xeHkM9xT1VY>

1. Uno (ooh-no)
2. Dos (dohs)
3. Tres (trays)
4. Cuatro (kwah-troh)
5. Cinco (seen-koh)
6. Seis (says)
7. Siete (syay-tay)
8. Ocho (oh-choh)
9. Nueve (nway-yay)
10. Diez (dyays)