



## Lesson 5 – PSHE Dreams and Goals

- As usual... you've guessed it! It's the start of our lesson so let's begin with some calm time, thinking about our breathing and happy thoughts.
- Play the chime below. Think about your happy place, somewhere that you feel calm and relaxed. What makes it special to you?
- [Woodstock Zenergy Chime - Solo, Silver - YouTube](#)





# We are looking for...

- Like last week in PSHE, we are **looking for children who have a positive attitude whilst working well with others.** That means listening and taking it in turns to work together! This is going to come in handy for today's task!





# Let's remind ourselves..



- Last week we started to think about a safe and happy place and our 'garden of dreams and goals'.
- Remind yourself on the next slides of the garden of dreams and goals from last week. Listen to the relaxing music whilst you do this. Imagine the garden you see on the pictures in your own minds, the colours, the plants, the birds, the creatures, etc.
- What would the birds be like?



# Jigsaw Your task!



- Today's task is to make your very own bird for your own garden of dreams.
- Here are some ideas of birds you might find:







Here are some ideas...

































