

# Uffington Class



## Term 1 2021 Homework



EQ: Feeling safe

Definition: **Safe** can be **defined** as free from harm or hurt.

So, **feeling safe** means you do not anticipate either harm or hurt, emotionally or physically. (Fosteringperspectives.org)

<p><u>Task 1</u></p>		<p>Chose a topic of your own interest e.g. computer games Create a quiz for somebody else to complete - make sure you know the answers!</p>
<p><u>Task 2</u></p>	<p>Choose an item in the room that you are in and describe it to someone e.g. what colour is it? What do you use it for? How many clues do you need to give them before they guess what it is?</p>	
<p><u>Task 3</u></p>	<p>Go on a treasure hunt around your home or local area. Can you find an object starting with each letter of the alphabet?</p>	
<p><u>Task 4</u></p>	<p>Throw and catch a ball between people and count up and down in 2s, 3s, 5s and then 10s. If you drop the ball, then start counting backwards. How high can you get? Can you count in 4s, 6s, 7s, 8s or 9s?</p>	
<p><u>Task 5</u> EQ task</p>	<p>Our EQ focus is FEELING SAFE. <b>Feeling safe</b> means you do not expect either harm or hurt, emotionally or physically. Think of the different activities that you may do, at home, in school and make a list of how you keep safe while doing them. Also think of different peoples jobs e.g. builder, farmer, police officer, fire fighter etc and list what they use to keep them safe.</p>	
<p><u>Reading</u></p>	<p>Try to read to an adult for at least 5-10 minutes a day. Record the reading in your reading record book</p>	