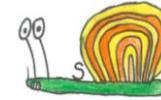




# Cockenzie Primary School

## Transition Activity Week

22.06.20 - 26.06.20



On this grid you will find a selection of activities linked to transition and the return to school  
*You can do as many or as few activities as you like over the course of the week. Have fun!*

Nurture	Recover	Looking back, Looking forward	Reconnect	Respect
<p><b>Zones of Regulation</b></p> <p>Create a poster of different zones you have been in during lockdown and what you think triggered that feeling. You can make a poster on paper or on the computer. It might look like this:</p> <div data-bbox="241 834 562 1034"> <p><u>Lockdown Zones</u></p> <p> When I see my family that I don't live with but I can't hug them, it makes me feel sad and I am in the blue zone.</p> <p> I have mostly been in green zone, I felt especially happy when I was able to go and see my mum in her garden.</p> <p> At the very start of lockdown I was in the yellow zone. I was a bit confused and worried because I didn't know what to expect.</p> <p> I went into the red zone one day when I accidentally bumped my head on the kitchen cupboard and this made me mad as it was very sore.</p> </div>	<p><b>Proud Cloud</b></p>  <p>What has been your favourite memory of this last year? What are you most proud of? It could be something that you have done at school or it can be something that you have done at home. For example, a piece of work in class or being able to ride your bike.</p> <p>You are going to create a 'proud cloud' by drawing the outline of a cloud on white paper. You can then write or draw what you have done which has made you feel really proud this year. I know that lots of you have rainbows up at home, so if you have one you could then stick your proud cloud up beside your rainbow.</p>	<p><b>Two Metres</b></p> <p>When we come back to school we will all have to be 2 metres away from our friends but how much is 2 metres? <b>Measure out 2 metres on the ground with a tape measure or ruler.</b> <b>Find out what will fit into two metres?</b></p> <p><u>Examples</u></p> <p>How many of your feet?</p>  <p>How many of your hand spans?</p> <p>How many spoons?</p> <p>How many cotton buds?</p> <p>Use any objects you can find around the house or garden.</p> <p>Remember they must touch from end to end.</p>  <p>Keep a tally chart.</p> <p>Make a graph.</p> 	<p><b>Design a new playground game :-)</b></p> <p>Can you create a new playground game to play back at school?</p>  <p><u>Remember:</u></p> <ul style="list-style-type: none"> <li>★ Try to design a game where players can keep 2m distance</li> <li>★ Try to avoid the use of lots of equipment, if you can</li> <li>★ Send your idea to your teacher on Google Classroom</li> <li>★ Be ready to share your idea in August with your friends in class</li> </ul>	<p><b>Comic Strip</b></p> <p>Create a comic strip to showcase highlights from your school year this year. It could be as few or as many boxes as you wish it to be. You might want to think about a trip you've been on, an experience that you have had, a memorable lesson or a year group event that you have been part of. You can create this on paper or digitally (inserting photos instead of drawings).</p> 

## Nervous Niggles

On the countdown to school starting back we will all experience 'nervous niggles'.

Sometimes people might say you have 'butterflies in your tummy'. Discuss with your adult anything that is making you nervous or worried and why don't you write or draw these on to some butterflies.

Remember, it might be tricky to find the confidence to share your 'niggles' but it is always so much better when you do. It stops them becoming more than a 'niggle' and you will feel your butterflies start to flutter away.



## Down memory Lane

Draw a picture of one of your favourite



memories from the past year. Was it a certain lesson, a time with a friend, trip or something else?

Take your time, try to remember where that memory took place, who was there, and the colours you are going to use.



## My best work!

Choose **3** examples of 'Lockdown' learning or work that you are most proud of.

Gather these together or drop your examples/pictures into a Google Docs or Slide show. Then share with your teacher via Google Classroom.

Take some time to think about your achievements:

Why are you proud of these examples?  
What did you learn?



#successful

## My Future Self

Draw a picture of yourself in the middle of the page.

Write "I Can" on one side, and I will on the other. Think about how much you have achieved this year and write or draw them in this column.

Set yourself 3 goals for the year ahead and write or draw them in the "I will" column.

Put it up in your room as a reminder to everything you can and will achieve!

## 'All About Me' slide



Create a slide to tell your new teacher all about you. This could include what you are like and what you like to do in your spare time.

This link will take you through step by step how to do this. Remember to share it with your teacher and they will pass this on to your next teacher.

<https://www.youtube.com/watch?v=NmMNOIVbHz0>

## 'End of Year' slide

Have a look at these 'End of Year' prompt cards. Choose as many as you like to comment on. Create a Google Slide and give each one the same heading as the card and its own slide. Add pictures that represent your thoughts and feelings. Share with your teacher so it can be passed on to your new teacher. :D

[EndoftheYear \(1\).pdf](#)



## [Transition t-shirt challenge](#)

Click the link above for  
Mrs McLeod's  
T-shirt Challenge