

Year 5 PSHE

Week 2 – Week beginning 11th January

L.O.: I can reflect on what
is important to me

I can express gratitude



Thank
you



Gratitude

Gratitude / being grateful

- Gratitude means **being thankful**; showing **appreciation** for things - could be physical things (e.g. an object) or abstract things (e.g. friendship, kindness)
- Being grateful helps us to **focus on positive** things rather than negative
- It helps us to **appreciate what we have and what matters**

For example, although I am sad I haven't seen my family for a long time because of lockdown, I am grateful to have a loving family, I am grateful we are all safe, I'm grateful we can talk on the phone and I'm grateful that the lockdown has stopped the virus spreading as much as it might have otherwise.

Why is **gratitude** important?

Studies show that expressing gratitude/being grateful means:

- ✓ You are **happier**
- ✓ You are physically and mentally **healthier**
- ✓ You have better **friendships**
- ✓ You are more **resilient**
- ✓ You have more **energy**
- ✓ You are **optimistic** (think positively)
- ✓ You feel more **confident**
- ✓ You feel more **relaxed**



Wow! So
many
benefits!

**Read the short story on the next 3
pages.**

**Then there is an activity to do on the last
page.**

Hello

They arrived on a Tuesday morning, just after morning break. Mr Egon didn't notice at first, the light being blocked from the room as the shadow of their spaceship filled the sky.

We were sent home as soon as someone could collect us. Our class got smaller and smaller until I was the only one left. They hadn't been able to get in touch with my nana.

'I can walk myself,' I said. I usually did that anyway. I could see the teachers wanted to go.

It felt like it was night outside, it was so dark. It was either too quiet because most people were staying inside or too noisy; the people I met were shouting loudly, like they were on full volume.

I was almost at home when I felt it: a flash, a freezing, a thousand bubbles rising up inside my brain. Then a voice came from inside my head that was not my own:

Hello.

I didn't answer.

I know you can hear me.

Who is that?

I'm what you would call one of the aliens.

But, how -?

It would take too long to explain ... just accept that we are communicating.

We want to know more about this planet and its dominant species, the human.

I'm human ...

*Good! I've been waiting for a human for some time now.
I keep getting squirrels.*

Squirrels! Did they say anything back?

*Yes. This communicator allows me to converse with
any sentient being on your planet.*

What did they say?

The squirrels?

Yes.

*I can't really say ... there are confidentiality
issues. Tell me what you think about
humans, Human.*

I'm Marnee.

What's marnee?

That's me, that's my name.
What's your name?

*We don't have names like you do. I am identified
by a sort of very short song that cannot be translated.
But for the purposes of this, I will adopt
a human name.*

You can call me Wendell.

I like it. Hello, Wendell.

Hello, Marnee.

Tell me this: what's important to you, as a human?

That's a **big** question.
I don't know where to start.

Just say the first thing that comes into your head.

My nana.
She looks after me.

What's she like?

My nana?
She's the kindest person in the world.
And she always knows how to make me laugh.

Interesting.
What else, what else is important to you?

So many things. Big things – like the environment –
but then sometimes it feels important to eat chips.
Does that make me sound silly?

Maybe a bit.
But this was helpful.
Thank you.

Are you going now?

Yes, I have to collect more data. Goodb—

Wait!
Why are you here?
What are you going to do?

I told you – we're here to learn about humans.
You've taught me a lot.
Goodbye, Marnee.

Goodbye, Wendell.

They had left by the time I got home.
Nana had heard an alien too. They'd asked her the
same thing.
Her answer had been me.

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Activity:

Part 1: How you would answer Wendell's question

'Tell me this: what's important to you as a human?'

Try to think deeply about your answers. E.g. rather than just saying 'my mum' think about why. Is it because she makes you feel safe, or she knows how to cheer you up, or because she makes the best pancakes?!

See next page for Part 2

Part 2: Now think about **how you can express gratitude** for the things you've identified as important to you.

For example, if you are grateful to your brother for helping you with your learning, you could show gratitude by: explicitly telling him you are grateful; offering to help him with something in return; doing something kind for him (make him lunch, let him choose what to watch on TV, put his crisp packet in the bin before he gets in trouble!)

Create a mind map showing what's important to you and how you can express gratitude for that (example on next page). You do not need to share this with me or anyone if you don't want to; it is for you to practise being grateful and to reap the benefits shown on page 3!

Example gratitude mind map

