

# YEAR 3: WEEK 6 MY ADVENTURE ON THE INSIDE



## WHAT HAVE WE BEEN LEARNING?

This week your child has celebrated the learning they have accomplished during the past five sessions.



## WATCH

Watch the film clip and encourage your child to think about the adventure the animals went on in the film.

[Week 6 Film Clip: My Adventure on the Inside](#)



SCAN ME



## TALK

What have the animals learnt on their journey?  
What has your child learnt while doing this work?

You can remind them of all the learning themes:

Trusted Adults, Body Sensations, Core Emotions, Reactions and Emotional Regulation Toolkit.

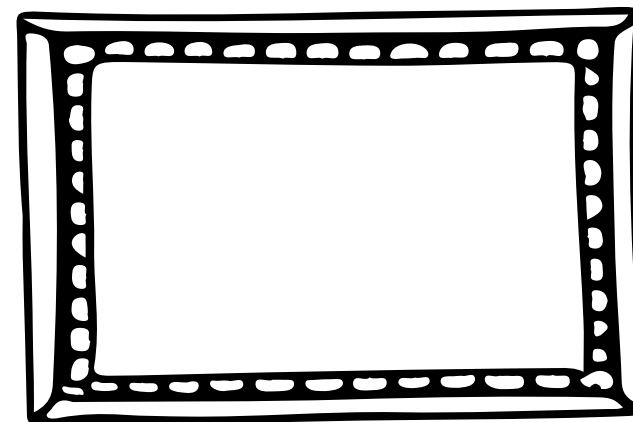
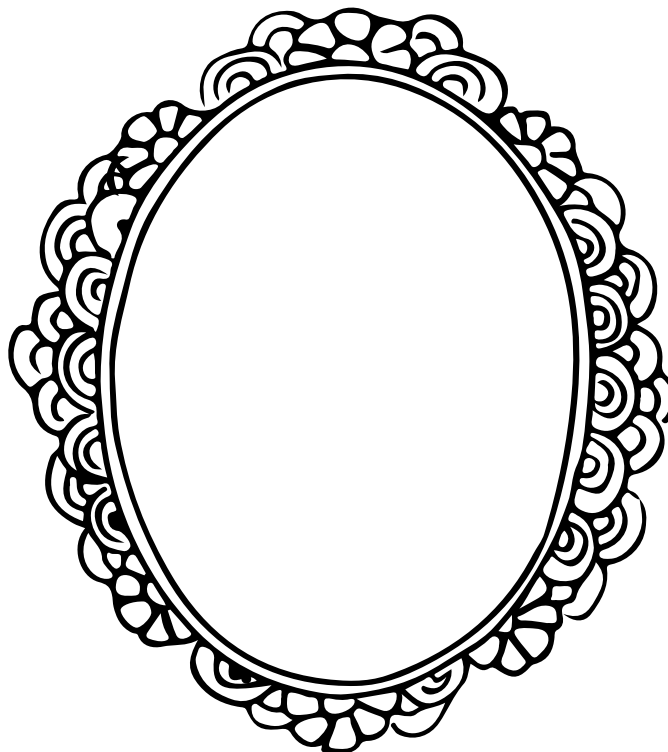
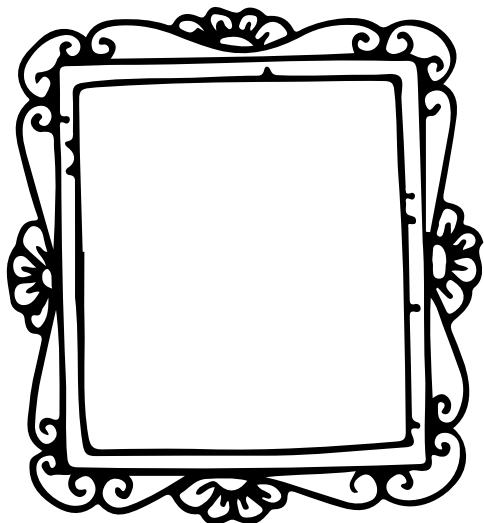
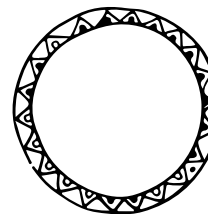
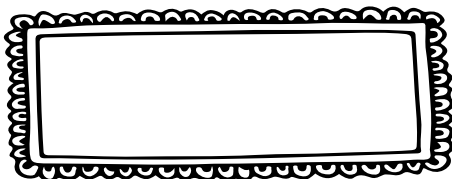
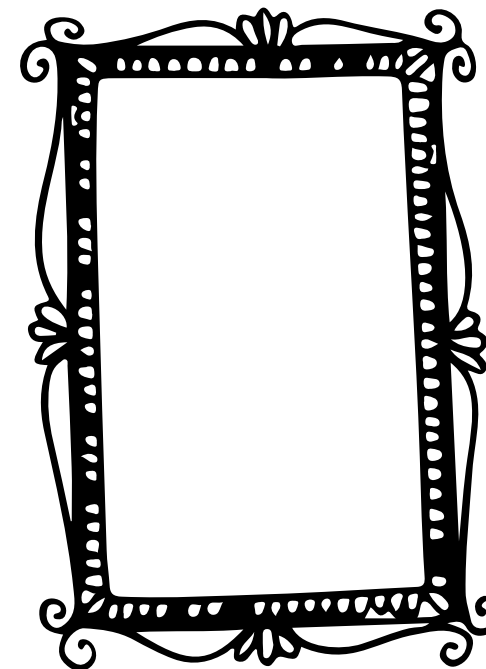
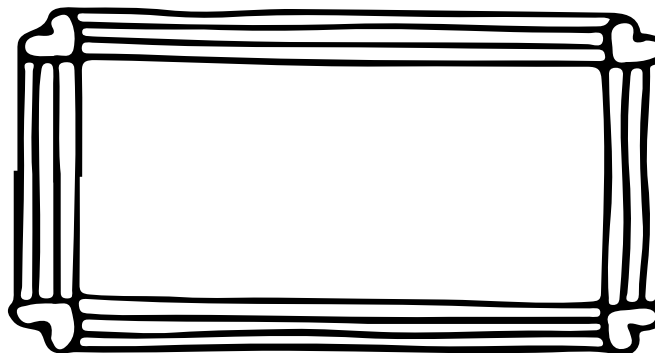
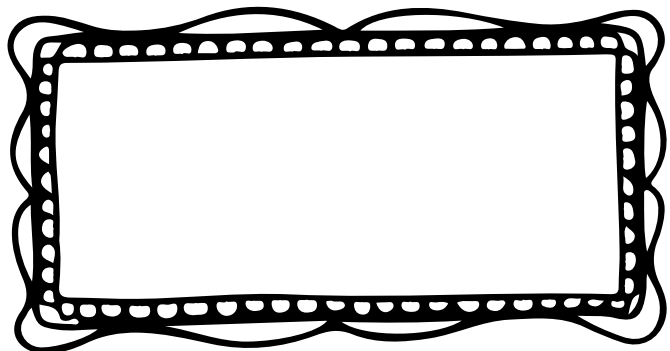


## DO

Using the worksheet, help your child revisit the past sessions by drawing something in each frame to represent their learning.

This is a great opportunity to celebrate your child's learning, and to talk together about how you can help them regulate their emotions in the future.

# MY ADVENTURE ON THE INSIDE



## WHAT TO DO:

For this final activity, you can create a wall of pictures too remind you of your learning journey. In each of the photo frames, draw something to represent what you have learnt each session, remember to be as creative as you can!

1. Trusted Adults
2. Body Sensations
3. Core Emotions
4. Reactions
5. Emotional regulation toolkit
6. My adventure - in this frame draw something to show how you feel about you journey.