

## Year 3 Autumn 1

## Project Based Learning and Mindfulness

- Understand how to use roles in a team.
- Use various different communication skills to complete a task.
- Work effectively in a team.
- Communicate effectively alone, in teams.
- Understand the different mediums/ways of communication.
- Make choices in various games and activities.
- Make sensible decisions and understand what choices we can make.
- Show effective preparation and organisation skills.
- Organise themselves and others around them.
- Complete tasks while thinking of various ways to complete it.
- Think about different options to complete a challenge.
- Deal with conflicting situations and bounce back individually or as a team.
- Help others to bounce back and be happy again.
- It's ok when something bad happens, we learn from it.



Repeat the challenge again for children to try and build a taller tower.



Children will be given different items behind their large mat and can use as much or as little of it as possible but must use it to help everyone in their team get across the swamp.

### Question

Can you bounce back as a team?

### Vocabulary

Roles in a team, communication, choices, decisions, organise themselves and others, bounce back, learn.