
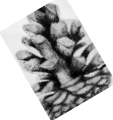










Wellbeing Week

There are 5 elements to Wellbeing – let's do them all this week to start of Term 6 in our best possible mind set!

	Keep Learning	Take Notice	Connect	Be Active	Give
Activity 1	<p>If you could learn a new skill, what would it be? Now is your perfect opportunity.</p>  <p>Could you learn how to play an instrument? Ride a bike? Post what you have learnt on Class Dojo or Tapestry.</p>	<p>Observational drawings: On your daily walk, take a pencil and a sketch book or piece of paper with you.</p>  <p>Take your time to sit and draw something you have never noticed before.</p>	<p>Write a card or draw a picture: to send to a friend or a family member.</p>  <p>Post the card on your daily walk.</p> <p>You could include what you have been up to lately, how you have been feeling and ask them some questions for them to respond to.</p>	<p>Become the next Joe Wicks: Create your own Joe Wicks routine. Get creative and present as you wish. Here is an idea to help you: https://www.youtube.com/watch?v=NqG133dSspl</p>	<p>Complete a random act of kindness: Could you give each family member a complement, send a message to someone letting them know what you miss about them OR leave hidden positivity messages around the house for people to find?</p>
Activity 2	<p>What skill are you a master at? Could you teach it to a family member or a friend on a video call?</p> <p>Ideas include:</p> <ul style="list-style-type: none"> - Football - Yoyo tricks - Magic tricks - Teaching your home language to a peer - Teaching a younger sibling how to ride a bike 	<p>Create a Lockdown journal. What have been your highlights? What have you had more time to do? What worries did you have and how did you overcome them?</p>  <p>Photo challenge: You could take one photo a day of something you have enjoyed to help you fill the pages.</p>	<p>Create your own board game to play with your family.</p>  <p>Make a rule book to follow together as a team. Or Play a board game that you already have.</p>	<p>Get active: Spend some time doing your favourite active activity.</p> <p>Some ideas: Play football in the garden, try yoga such as: https://www.youtube.com/watch?v=T_OP5grVoyg or choreograph your own dance routine!</p>	<p>Spread a smile with your favourite treat: With your family, bake your favourite treat.</p>  <p>Deliver this to your neighbours, family or friends. You could leave it on their doorstep and wave to them from a distance.</p>
Activity 3	<p>Travel the World We may not be able to travel abroad, but we can visit the world from home.</p>  <p>Choose a new country to visit, virtually. Identify its location on a map and draw a picture of its flag.</p> <p>What could you find out about: the animals that live there? Special traditions? The national dish? Which continent is it? What is its climate like? How do they say hello and goodbye?</p> <p>Use an atlas, the internet or clips from: https://www.bbc.co.uk/cbeebies/shows/where-in-the-world to help you.</p> <p>Present your learning as you wish.</p>	<p>Sit in the garden or look out the window:</p> <p>What do you notice about the cloud patterns? Moon phases? Constellations? (there are some great apps out there to support this).</p>  <p>You could track these by drawing a picture or taking a photo of them throughout the day or week.</p> <p>Write a brief description about what you have noticed.</p>	<p>Plan and cook a meal together as a family.</p> <p>Take some time looking through some recipes online or in a recipe book – maybe you have a family recipe book you could use?</p> <p>Here are some recipes from Jamie Oliver that you could try: https://www.jamieoliver.com/features/category/get-kids-cooking/</p>	<p>Nature walk scavenger hunt: On your daily walk keep your eyes peeled for butterflies, bees, worms, spiders, a yellow leaf, a bird, a cloud, a flower, a new sprout.</p> 	<p>Create a care package for a loved one:</p>  <p>Fill it with their favourite things. This could be posted if you live far away or hand-delivered to them on your daily walk.</p>