

This week's topic is all about 'wellbeing'. We would also like you to help your parents complete the form for creating a One Page Profile.

Connect	Be Active	Give
<ul style="list-style-type: none"> <li>• Make a video to share your news, say hi to friends or show things you've been doing at home etc.</li> <li>• Send either a letter, card, postcard, email to someone you've not seen for a while</li> <li>• Watch a movie with your family</li> <li>• Create a message for your class, take a photo of you holding it and share it with your teacher on SeeSaw or Class Dojo</li> </ul>	<ul style="list-style-type: none"> <li>• How far can you jump? Measure how far you and members of your family can jump. Who jumped the furthest? By how much? How can you display our results?</li> <li>• Design a board game that involves physical activities . Play it with your family.</li> <li>• Design a family obstacle course that you can compete at daily keeping a record of scores.</li> <li>• Learn a TikTok dance and share it with us on SeeSaw</li> </ul>	<ul style="list-style-type: none"> <li>• Make a video, poster or PowerPoint to explain the 5 ways to Wellbeing to your family.</li> <li>• Try some of the mindfulness breathing exercises. (see PDF)</li> <li>• Help your mum and dad around the house with things you wouldn't normally help with.</li> <li>• Write down 3 reasons why you are thankful for someone and share it.</li> <li>• Make a homemade gift for someone in isolation.</li> </ul>
Keep Learning	Take Notice	You could still access
<ul style="list-style-type: none"> <li>• Challenge yourself to learn a new skill such as British Sign Language</li> <li>• Try the STEM challenge, make a prosthetic hand <a href="https://www.youtube.com/watch?v=cbWCoEaQ_FY&amp;list=PLlrXMMav-UbRFnm7n3-QSJIE_rndnPgBS&amp;index=2&amp;t=0s">https://www.youtube.com/watch?v=cbWCoEaQ_FY&amp;list=PLlrXMMav-UbRFnm7n3-QSJIE_rndnPgBS&amp;index=2&amp;t=0s</a></li> <li>• Make a Zentangle <a href="https://kinderart.com/blog/zentangles-101/">https://kinderart.com/blog/zentangles-101/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Find a comfy, quiet space, close your eyes and meditate. <a href="https://www.youtube.com/watch?v=DWOHcGF1Tmc">https://www.youtube.com/watch?v=DWOHcGF1Tmc</a></li> <li>• Make a playlist of feelgood music.</li> <li>• Virtual brainteasers <a href="https://www.insider.com/brain-teaser-s-hidden-images-2018-8">https://www.insider.com/brain-teaser-s-hidden-images-2018-8</a></li> <li>• Can you recognise birds from their songs? <a href="https://www.woodlandtrust.org.uk/blog/2019/04/identify-bird-song/">https://www.woodlandtrust.org.uk/blog/2019/04/identify-bird-song/</a></li> </ul>	<ul style="list-style-type: none"> <li>• J2Blast Times Tables, Activelearn, Hit the Button</li> <li>• Oxford Reading Buddy</li> <li>• J2Blast spellings</li> <li>• Joe Wicks workout on Youtube</li> <li>• Go Noodle</li> <li>• BBC Bitesize lessons</li> <li>• Maths Powerpoints within this folder</li> </ul>

