

These activities are to enhance the provision provided by the teachers for Home Learning. This will be updated weekly and follow the same pattern but with new activities each week.

All the activities link to the Five Ways to Wellbeing: Take Notice, Keep Learning, Be Active, Connect, Give

Have fun!
Mrs Stevens

Mindful Monday

Mondays are all about Mindfulness which links to the Five Ways to Wellbeing area of 'Take Notice' and which focuses on being able to pay attention to the here and now. The idea is to focus on breathing-in and breathing-out which will help quiet our minds and reduce felt sensations of worry/anxiety. You can use these exercises throughout the day especially when you feel that you need to calm your body and mind.

Belly breathing

- Placing your hands on your belly, notice how they gently rise and fall as you breathe-in and breathe-out. Like waves in the ocean.



Object Awareness

- Place a small object in your hand like a pencil, stone or eraser.
- Close your eyes and really notice how it feels to your touch.
- Focus on how heavy or light it is, on its texture, shape and temperature.
- Spend a few moments placing your full attention on this experience.

Try It Tuesday

This links to 'Keep Learning' of the Five Ways to Wellbeing and this focuses on trying a new skill. Learning something new can lift your mood and setting goals is linked to better wellbeing.

Break the Rules

- Think of a game that you like to play.
- Get creative and think of how you might change the rules to make a new game to play.



Something new

- Try out something new – trying something new can be a bit scary at first but it can also be lots of fun and a source of ideas.
- Here are some new things to try: create a new outfit from recycling old clothes and accessories, start a new hobby, learn a new game, listen to and learn a song by a musician you've not heard before.

Work Your Body Wednesday

This links to 'Be Active' of the Five Ways to Wellbeing. There is a link between staying active and positive mental health and wellbeing. By regularly taking part in some form of exercise we can look after our mental and physical health at the same time.

Running

Running is just about the simplest form of exercise there is. It can be done outdoors and indoors (being careful of course).

- Change things up while running:
 - vary movement patterns by switching from running to skipping or try running in place with feet very close to the ground.
 - run with high knees (lifting alternating knees towards the chest with each step)
 - 'butt kicks' (kicking alternating heels towards bottom with each step).
 - Changes of direction (side-to-side or reverse) – great for both muscles and brains as well as co-ordination.

Jumpstastic

Have a go at the following types of jumps:

- Criss-cross feet: jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue.
- Hurdle hops: jump side-to-side or front-to-back over a pretend hurdle.
- One-foot hops: lift one knee and jump on the standing leg; alternate (this is a great balance challenge too)
- Tuck jumps: bend knees and lift heels high while jumping.



Talk About It/Thankful Thursday

This links to 'Connect' and 'Give' of the Five Ways to Wellbeing. Feeling connected to other people is important. It can help you to feel valued and confident about yourself and can give you a different perspective on things. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

When we 'Give' to others it not only makes the person receiving it happy and thought of, it also, according to research, can make you happier. Even

Talk About It (Connect)

With your family, discuss these questions:

- Have you ever wished you were a character in a book, movie or TV show? If so, who and why?
- The most delicious food to eat is...
- The harder you try, the better you become. Do you think this is true?
- If you are sad, how do you help yourself feel happy again?

Thankful (Give)

- The Colour of Kind – if kindness were a colour, what would it be?
- Create a picture, collage or draw patterns in the colour you have chosen.



Fun Friday



It's good for your mental health and wellbeing to do something that you enjoy so the last day of the school week focuses on this. Fun Friday is about choosing an activity that makes you smile. This could be playing a game with your family, building a Lego model, drawing/painting a picture or doing something active. What will you choose?