

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.

5 Finger Breathing

Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger, breathe-in as your finger climbs up and breathe-out as your finger slides down. Then switch hands.



Balloon Breathing

Imagine your tummy is like a balloon. Breathing in, notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates.



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.

Read a book

Every book will teach us something new and will improve wellbeing. There are a fantastic range of books on your MyOn reading programme so choose a book off there that you may not normally pick.



Learn something new

It could be a magic trick, a new dance move or even a few simple phrases like counting in ten in another language. What will you choose?



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.

Challenge 3 minute Circuit

In 3 minutes how many times can you complete this circuit: 10 x star jumps, 10 x burpees, 10 x press ups, 10x squats. Can you create a circuit for another 3 minute challenge?



Get your Groove on

Dance to some music that you enjoy listening to – making up dance routines is fun and keeps you active. It also fits in well with 'Keep Learning' – two areas covered by this activity in the Five Ways to Wellbeing.



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.

Talk About It (Connect)

With your family, discuss these questions:

- Which season is your favourite and why?
- If you could choose your own name, what would it be?
- Which animal is your favourite and why?
- If you were in charge, what rules would you have in your house?



Thankful (Give)

- Do a job in the house without having to be asked.
- Leave 3 happy notes or drawings around the house for someone to find.



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?

