

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.

Dandelion Breath

- With your hand in front of you, imagine holding a delicate, fluffy dandelion.
- Breathing in, fill your stomach with air.
- Breathing out, pretend you are slowly blowing the dandelion as the seeds fall, floating away into the sky.



Cloud Busting

- Look up at the sky.
- What shapes do the clouds look like?
- Where would you like to travel to on the cloud?
- Try to spend 5 minutes doing this.



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.

Animal Expert

- Learn five new facts about an animal.
- Share your new knowledge with your family.



Music Maker

- Use pans and kitchen equipment to make different sounds.
- Share your new music with your family.



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.

Exercise Inventor

- Devise your own series of exercises to do at home.
- You could think of exercises that are high energy or you could think of a more relaxing set of exercises.
- Have fun.



Dance to the beat

- Put some of your favourite music and move to the beat.
- You could dance, jump, hop, skip etc.



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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:

- Would you rather be in the circus or the movies? Talk about your choice.
- What is your favourite place to sit and think?
- What is the best gift you have ever been given?
- What makes you angry or annoyed?

Be kind to yourself

- It's back to school next week so make sure you give yourself some time to relax and do something you enjoy and makes you happy.



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?