

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.

Attitude of Gratitude

- Focus on slow deep breaths in and out.
- Think of one thing that you're grateful for and keep this image in your mind.
- What feelings or sensations do you notice?
- Continue this for a few minutes.



Bubble Mindfulness

- Focus on breathing and pay attention to any feelings.
- Now pay attention to any thoughts.
- Do you have any sensations in your body.
- Notice all three (feelings, thoughts, sensations).
- If there is anything that you would like to let go of, put them all in a bubble and blow them away.
- Continue this for a few minutes.



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.

Typing

Learn your way around a keyboard and improve your typing skills with Doorway Online:

<https://www.doorwayonline.org.uk/activities/text-type/text-type.html>

Origami

Learn how to make something out of paper using origami. Use this link:

<https://www.origamiway.com/> for ideas.

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.

Yoga

Here is a set of yoga teaching videos which can be used as full sessions or small bite size chunks. Yoga is also good for improving focus, shifting energy or create a sense of calm:

[Yoga resources for primary schools : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](http://ghll.org.uk)



Workout Creator

Make up a workout and try it with your family: eg 10 star jumps, 20 squats, hop like a bunny, 15 lunges.



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:

- What is special to you about where you live?
- What sort of work would you like to do in the future?
- How are you a good friend to someone else?
- Do you have a dream that you wish would come true?

Thankful (Give)

- Think about music/songs that make you feel good. Write a song or create a 'make you feel good' playlist and dedicate it to someone.



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?

