

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.

Room Awareness

- Walking around slowly, in silence, look around the room and try to find at least three things you have never noticed before.



Mindful Listening

- Sitting comfortably, closing your eyes, pay attention to the sounds that surround you. Notice what you hear.
- Voices? Machines? A phone ringing? Birds singing?
- Zooming your attention to the sound of your breathing, just listen for a while.



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.

- Today is Internet Safety Day. Take a look at some of the activities below and give some a try!

[Internet Safety Day Family Activities](#)



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 \(ghll.org.uk\)](#)



Workout Creator

Make up a workout which involves some throwing and catching skills eg throw object into air, clap before catching etc. You don't even need a ball – a pair of socks can be used. Use something soft so you don't hurt yourself!



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:

- How can you tell the difference between something that is right and something that is wrong?
- What do you daydream about?
- What is a gift you would like to buy or make for someone?
- What is your favourite thing to do outdoors?

Thankful (Give)

- We can sometimes take for granted the things that the people we live with do for us.
- Make a point of telling somebody what you have appreciated they have done for you and thanking them for whatever it is they have done.
- You might want to make them a card or draw a picture to give to them.

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?