

St Sidwell's C of E Primary School & Nursery
Wellbeing Grid 1

We have put together some different activities to think about how we are all special and unique. We all have special qualities and can use these to help others, and make them and ourselves happy. We hope that these activities will help you remember how special each one of you is and that you will enjoy doing them. Choose one to do each day from the grid below...

Each one of you has special skills and talents. Choose something that you can do or something that you know well - it could be a song that you can sing, it could be nursery rhyme, something that you can draw or make, maybe you know how to do origami...

Spend some time teaching someone else your family your special skill or talent. You could teach a grandparent over 'Skype', 'Whatsapp' or 'Facetime'. It could be your Mum, Dad or brother or sister.

Maybe they can teach you something too.

It is important that we feel happy and safe. You will have lots of pictures and objects which are important to you and make you feel happy.

Make a 'toolkit', including items which make you feel happy and are special to you. Include 5 items and find a special box to put them in.

Remember to take your toolkit out each day and spend some time surrounding yourself with the objects.



Bake some delicious cakes or biscuits and then spend some time with your family eating them. You could just decorate them with funny faces.



Make a special star shadow.

Use a toilet roll, some cling film, a star shape and an elastic band. Cut out a small star and stick the star to the cling film. Place the cling film over the end of the toilet roll. Secure it with an elastic band. Now find a dark place and shine a torch in one end of your tube to create a star shadow. Can you create other shapes, what about the using the first letter of your name?



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Try putting on your favourite dance tracks and dancing to them. You could try these...

Zumba kids –

<https://www.youtube.com/watch?v=ymigWt5TOV8>

<https://www.youtube.com/watch?v=FP0wgVhUC9w>



In our worship we talk a lot about being proud of our achievements, our learning and how we are.

Think about the song – 'What have you done today to make you feel proud?' by Heather Small –

Draw, write or tell someone about something that you have done that you are proud of.

<https://www.youtube.com/watch?v=LEoxGJ79PM>

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Just Dance – Waka Waka

https://www.youtube.com/watch?v=gCzgc_RelBA

Ghost Busters

<https://www.youtube.com/watch?v=RYglVc5Jvjg>



In our worship we have spoken a lot about 'kindness' and how we can carry out acts of kindness to make someone else feel good. We have talked about how this makes them feel and how it makes us feel.

Do something to help someone else – carry out a random act of kindness.



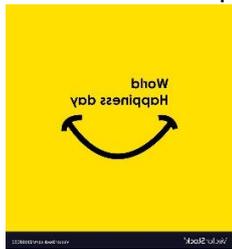
Time to relax is important in the day. Find somewhere to relax, maybe on some pillows, maybe in a den that you have created. Close your eyes and practise breathing in and out at a slow and steady pace. Listen to your breathing.

You could try one of these tracks –

<https://www.youtube.com/watch?v=qFZKK7K52uQ>

<https://www.youtube.com/watch?v=5DiMoehAeOU>

International Happiness Day was on March 20th.



Listen to 'Happy' by Pharrell Williams

<https://www.youtube.com/watch?v=MOWDb2TBYDg>

Draw something that makes you happy. You might like to share your drawing with a parent, carer, brother or sister.

Daily walk – if you are not in isolation, try to go for a daily walk.

Take a look at nature around you. What sounds do you hear? What things do you see? What trees can you see? Do you see any insects or animals? What plants are coming into flower? How are things changing?

When you get home you could write or draw your walk, making sure that you include all of the things that you noticed.

