

## Home Learning at Granta School

While 'normal' school is suspended we need to take care of our physical and mental health. This goes for children, parents and teachers. Keeping minds active and happy, ready to return to school when the time comes is the most important factor. We can do this by making sure our days include each of the pillars of wellbeing.

There are lots of resources on the home learning section of our school website which will contribute to the five pillars. You are probably already doing many things which will count.

### 1. To connect with other people you could

Spend time with your family at mealtimes

Play a game with someone from your family

Have a video chat with a friend or relative

Email a friend or your teacher on Starz

Send or email a picture to someone, your parents can help with this

### 2. To be active you could

Go out for a walk or run

Enjoy a five a day fitness or PE session

Do some gardening

Go on a bike ride

Have a race in the garden with your brother or sister

Bouncing on your trampoline

Learn a new dance

### 3. To take notice you could

Watch the seasons change

Look at the night sky – there are lots of satellites and shooting stars

Look out for beautiful things

Breathe slowly in through your nose out through your mouth (smell the flower activity)

Sit quietly and listen to the sounds around you. Make a note of or draw what you can hear and see

Listen to music

**4. To learn a new skill you could**

Do a piece of school work

Cook a new recipe

Practise your signing

Learn some words in a new language

Learn to play an instrument

Make a toy with an adult

Create a fairy garden

Learn Yoga – Meditation

**5. To give to others you could**

Help around the house

Say thank you for something

Smile at people.

Look after younger brothers or sisters.

Share a toy, game or book

Sort out old clothes and toys ready to donate to a charity

On your walk drop an item of food at the local village food bank (Linton have a collection point in the CO-OP and drop off at church door in collection box)

Start up a Rainbow hunt in your village.