

## Our Wellbeing Busy Grid Monday 13<sup>th</sup> July - Wednesday 22<sup>nd</sup> July 2020

Complete at least 6 activities over the next week and a half and try and choose from a range of activities. The first activity in each section is designed with younger children in mind, and the second for older children but they are open to **all** children. Click on the different activities in Seesaw for more information. We are looking forward to seeing your work online!

| <b>Art</b>  | <b>Science</b>   | <b>Music</b>  |
|---|--|---|
| Read the <a href="#">story</a> 'Only One You'. Think about how wonderful it is to be you. Paint a pebble or draw a picture of your unique self.                     | Go outside. Lie down. Produce a poster using all of your senses to explain the things you can hear, see, touch, taste and smell.                                 | What is your favourite song or piece of music? Send us a video or photo of you enjoying it. You could be dancing or sleeping to it! Have fun!   |
| Colouring in and doodling can be a nice way to relax your mind. Try the pinwheel activity on your seesaw page and let your mind wander!                             | Create some epic custard goo! Just like slime but way more fun (and no need for Borax or any nasties). See your seesaw page for more information.                | Learn this uplifting <a href="#">song</a> (perhaps the dance as well). Complete one of the activities linked to it under the lyrics link.   |
| <b>Geography</b>  | <b>History</b>   | <b>French</b>   |
| The weather is always changing in England! Pretend to be a news reporter and present us with today's weather forecast. See the <a href="#">link</a> for an example. | Hospitals have been named after Florence Nightingale. Use this <a href="#">link</a> to find out more and create a poster showing your thanks to people like her. | Look at the French emojis in the seesaw activity. Can you work out how they are feeling?  |
| The National Trust have started to reopen local attractions/car parks. Use this <a href="#">link</a> to see where you could go and take a trip!                     | Find out about a famous person who has faced adversity and overcome great challenges. See seesaw for ideas the rest of the activity.                             | Learn how to greet people in French with this super movers <a href="#">video</a> . Can you send us video using these phrases, or singing or dancing along?  |
| <b>Design Technology</b>  | <b>Personal and Social</b>   | <b>Physical Education</b>   |
| Design your own perfect playground. It could be real or imaginary.  | How do you relax? Have a go at making a calming down jar. <a href="https://safeYouTube.net/w/2PRM">https://safeYouTube.net/w/2PRM</a>                            | Enjoy some yoga. Follow the story 'Squish the fish' whilst enjoying some yoga. <a href="https://safeYouTube.net/w/GPRM">https://safeYouTube.net/w/GPRM</a>  |
| Follow the instructions on your seesaw activity link to create your own 'Constellation' so you can see the stars even when it's cloudy!                             | Imagine 3 months from now. Draw or write what could look different, what challenges you will have faced and what positive changes you want to make               | Yoga is a great activity to keep yourself supple and fit, but it's also excellent for our mind and wellbeing. Try this session - perhaps with others in your family!<br><br><a href="https://safeYouTube.net/w/FJQM">https://safeYouTube.net/w/FJQM</a> |