

Wellbeing Wednesday

Take some time away from the screen. Pick a couple of activities from the grid below:



<p>GO OUTDOORS</p>	<p><i>Make a frozen sun catcher by taking the top of a tin, collecting leaves and any flowers and place in the tin. Then add water and leave outside or pop in the freezer.</i></p>	<p><i>Make a mud face! Collect some mud and splat it down. Create a face on it using leaves etc</i></p>	<p><i>Can you make a den outside? Do you need to collect sticks first? You could you go the woods!</i></p>	<p><i>Do the Big Garden Bird Watch. Spend half an hour looking out of your window and counting how many birds you see. Can you name them?</i></p>	<p><i>What outdoor art can you create? Maybe you could make a bird out of foliage or a cityscape.</i></p>	<p><i>Make a den for all the fairies who visit your garden.</i></p>	<p><i>Make a mini-beast hotel.</i></p>	<p><i>Can you make a bird feeder for the birds? Use some fat and add bird seed - hang it up and watch the wildlife come.</i></p>
<p>BUILD AND CREATE</p>	<p>BUILD A TALL TOWER. WHAT WILL YOU USE? HOW STURDY IS YOUR STRUCTURE?</p>	<p>MAKE A BOAT TO FLOAT IN YOUR BATH OR SINK. YOU COULD DESIGN A FLAG TO ATTACH TO IT.</p>	<p>MAKE A SOCK PUPPET AND PUT ON A SHOW FOR SOMEONE IN YOUR HOUSE.</p>	<p>HAVE A GO AT BAKING A NICE TREAT TO SHARE WITH SOMEONE IN YOUR HOUSE.</p>	<p>CAN YOU CREATE A MODEL USING CONSTRUCTION? MAYBE YOU COULD USE SOME OF THE WORLD'S FAMOUS STRUCTURES TO INFLUENCE YOUR DESIGN.</p>	<p>CREATE YOUR OWN JIGSAW BY DRAWING A PICTURE AND THEN CUTTING IT INTO PIECES. CAN SOMEONE IN YOUR HOUSE COMPLETE YOUR PUZZLE?</p>	<p>BUILD A DEN IN YOUR HOUSE OR GARDEN.</p>	<p>USE DIFFERENT OBJECTS AROUND YOUR HOUSE TO MAKE A COLLAGE PICTURE.</p>
<p>Drop Everything And Read</p>	<p>Share a story with someone in your house.</p>	<p>Reread a book that you haven't read for a while.</p>	<p>Become a storyteller and make up your own story.</p>	<p>Find a quiet place to read a book independently.</p>	<p>Suggest a book to a friend. Why will they like it? Try not to reveal too much about the story!</p>	<p>Find a picture in a book that you have never noticed before.</p>	<p>Turn your favourite story into a comic book.</p>	<p>Read a description from a book and create your own illustrations.</p>
<p>GET MOVING</p>	<p><i>Set up a weekly circuit course – each week, see if you can improve your speed</i></p>	<p><i>Choreograph a dance routine to a piece of music.</i></p>	<p><i>Make your own assault course. Have you set up a design where you can travel over, under, around and through?</i></p>	<p><i>Design a fitness routine to teach to someone at home.</i></p>	<p><i>Hold a family Olympics afternoon. What sports will you include?</i></p>	<p><i>Stretch your legs and go for a walk. If you can't get outside then walk up and down your stairs or around your house. I wonder how many steps you can walk..</i></p>	<p><i>Spend some time developing a skill. This could be skipping, throwing, catching or hoola-hooping</i></p>	<p><i>Play the floor is lava and develop your balancing skills.</i></p>
<p>Feel VALUED</p>	<p>Make a bookmark linked to our values of friendship, kindness and respect. What do you think these values look like?</p>	<p>Where do you go in your house to relax? Can you make a 'calm corner' ?</p>	<p>Make a phone call to a relative</p>	<p>Help a grown up by putting the shopping away, tidying your room or setting the table.</p>	<p>Write a card or letter to someone to say "thank you" . What are you thankful for?</p>	<p>Record a message for a friend or teacher.</p>	<p>The gratitude alphabet. Share what you are thankful for, can you think of something for each letter of the alphabet?</p>	<p>Think about the things that are important to you. Now think about the things that are important to someone else.</p>