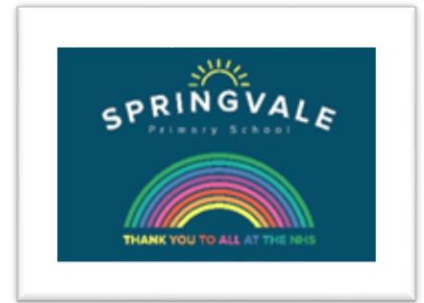


Wellbeing Tasks



This week at school and at home we will be focussing on the Five ways to Wellbeing. Those five ways are; **Connect, Take Notice, keep Learning, Give and Be Active**. Please find below a selection of ideas for you to try with your child.

Connect

Every day this week, try and keep in touch with someone you can't see face to face. You could do this by phone, text, whats app or video call. Use whatever technology you have available (with parental support) to connect with people that you care about. This could be with grandparents, relatives or even someone from your class.

Connect

'Smile and the world smiles with you'. Smiling is free and it is contagious! Smile at everyone you see today - parents, siblings, people on walks and watch them smile back.

Connect

Lots of people have been called 'heroes' over the last few weeks. Who is your hero? Why? Can you write them a letter (start with Dear, end with 'love from') explaining who you are, and why you admire them?

Take Notice

Create a sense of 'mindfulness' by noticing your surroundings, your thoughts and your feelings. Keep a sound journal this week. Every day, at the same time, listen to the world around you for one minute. Record what you can hear with drawings and notes.

Take Notice

Listening to music can help us to reflect on our feelings, enhance our moods and help us remember. With the help of an adult or family member, try and make a happiness playlist. When you've finished, listen to it together. How does it make you feel? Maybe you could make up a happy dance too!

Take Notice

Maths is all around us in nature - we just need to take the time to find it! Whilst on a walk, take notice of all the different shapes you can see. The focus of the walk could be on symmetry in nature. Can you spot any natural features that are **symmetrical**? How do you know? Take a photo and keep a list of the symmetrical objects you find.

Keep Learning

Learn a new word every day this week. Use this website to discover the new word and the definition. Try and use the word in conversation, have a go at spelling it or acting it out! <https://www.superkids.com/aweb/tools/words/middle/index.shtml>

Keep Learning

Begin to learn a new instrument. If you don't have an instrument or if no one in your family can help you learn, why not try this drum kit craft idea and have a go at playing them. (See below)

Keep Learning

Have a go at teaching a family member this maths game to help you and them keep learning. All you need is 2 willing participants facing each other. A third person asks a maths question (E.g $10 + 8$). The first person to respond correctly gets the point. You could play the first to 5, then swap roles.

Give

Make a 'thank you' note or poster for a member of the community. It could be the post man/lady, the bin collectors, a shop assistant or even a bus driver!

Give

Make a list of five things you could do to help someone (ask how they are feeling, tidy your toys away, help make a meal). When you've finished your list, try and do one each day!

Give

Write a 'kindness' postcard. Decorate the front with a picture and be as creative as you like! On the back, write a short, kind message like 'Have a great day!' or 'You are amazing!' When you go out for a walk, hide them for people in our community to find!

Be Active

Play 'follow the leader'. When playing this game, an adult or a sibling could be the leader and you copy what they do! Make sure to include exercises like jumping jacks, kicks, running and jumps! Maybe you could then swap around and get the adult / sibling to copy your moves?

Be Active

Choose an exercise (jumping jacks, hops, x jumps, lunges) and see how many you can do in 1 minute. How many can members of your family do? You could record it as a tally, find the total and then compare!

Be Active

Make an obstacle course (inside or outside!) using whatever objects you can find! When you've finished, write a numbered set of simple instructions to help a family member complete the course. Challenge - can you use adverbs like carefully and quickly in your instructions?

Please feel free to continue to access the following resources every day in short, sharp bursts

- NESSY <https://www.nessy.com/uk/>
- TT Rockstars <https://trockstars.com/>
- Numbots <https://play.numbots.com/#/intro>
- Phonics Play <https://www.phonicsplay.co.uk/>
- MyMaths <https://www.mymaths.co.uk/>
- Joe Wickes <https://www.youtube.com/user/thebodycoach1/videos>
- Cosmic Yoga <https://www.youtube.com/user/CosmicKidsYoga>



You will need:

- 3 empty tin cans with smooth edges
- 3 balloons
- Sticky tape
- Scissors
- 2 corks
- 2 wooden skewers
- Decorations (paint, stickers, etc.)

**Instructions**

1. Decorate the outside of the tin cans using your decorations.
2. To make a smooth top for your drums, cut the nozzles off the balloons and stretch them over the open ends of the cans.
3. Hold the stretched balloon in place with sticky tape.
4. To make your drumsticks, carefully push a cork on to the pointy end of each skewer.
5. Predict the different sounds your drum kit could make.
6. Play and make sounds with your drum kit using your drumsticks.

Changes

- Use your hands instead of the drumsticks to make sounds.
- Use chopsticks as drumsticks.
- Use different sized tin cans and listen to the sounds they make.
- Use a rubber band, instead of sticky tape, to hold the balloons in place.
- Fill your tin cans with handfuls of rice, beads, lentils or dried pasta to turn them into a shaker.
- Double layer the balloons to make the drum skin stronger.