



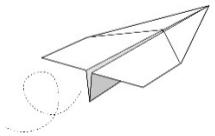





# Wellbeing Grid-Weeks 1-2



Choose some activities from our Wellbeing Friday Grid to make a fun and mindful end to your week. We can't wait to see what you enjoy. Submit your pictures to our school facebook page.

 <p><b>The great outdoors-Rock hunting/hiding</b></p> <p>Join the craze of lockdown &amp; paint some rocks to hide in your local area. Then go on a walk &amp; hide them for others to find. You may even go on your own rock hunt &amp; look for painted rocks others have hidden. Maybe you could give some clues on our school facebook wellbeing day post, of where others could search for your rocks!</p> 	<p><b>Exercise routine</b></p> <p>Design your own five minute exercise routine. Think about what activities you will include! Then teach someone in your family.</p> 	<p><b>Movement</b></p> <p>Go online and choose a new “go noodle” guided dance or a “Just dance” routine. Always remember to be safe and warm up your body first. <a href="#">GoNoodle   Guided Dance</a></p>	<p><b>Friendship</b></p> <p>Do something nice for one of your friends? This may be sending them a special card in the mail, ringing them on the phone, playing an online game with them. Be creative and stay connected with your friends.</p>
 <p><b>Building</b></p> <p>Build the tallest tower you can out of lego/blocks. It must be able to stand by itself for 30 seconds without falling over.</p>	<p><b>Paper Aeroplane Challenge</b></p> <p>Make a paper aeroplane and see how far you can fly it. Can you make a target and try and aim for it?</p> 	<p><b>Upcycle-sock puppet</b></p> <p>Use an old sock to create a sock puppet. Can you put on a show for someone?</p> 	<p><b>Board and Card Games</b></p> <p>Enjoy playing a board or card game with your siblings or family. Remember to be a fair and respectful player.</p>
<p><b>Sensory-Mud painting</b></p> <p>Using some dirt and water create your own mud paint. Make sure it is not too watery. Then using your fingers create your own mud painting on a design of your choice.</p> 	<p><b>Gratitude-Thankful Collage</b></p> <p>Create a collage of everything you are grateful for. Create a collage using drawing, words, pictures cut from magazines, photos etc. Display it somewhere you will see often to remind you of all the wonderful things that are in your life.</p>	<p><b>Drawing</b></p> <p>Visit The “Art for Kids Hub” and ink to Youtube Kids channel and choose a directed drawing video to showcase your artistic skills. <a href="#">Art For Kids Hub - Art Lessons - How To Draw For Kids</a></p> 	<p><b>Writing-The Perfect Teacher</b></p> <p>Write a list of all the ingredients you would need to make the best teacher in the world. Maybe you already know some of the best teachers! What do they do, say and teach that makes them special?</p>