









Wellbeing Menu



COOKING	CREATIVE	FITNESS/WELLBEING
<p>Can you think about what it means to eat healthily?</p> <p>You could help with the cooking and preparation at home. If you do, take photos to show us!</p> <p>Can you make a picture out of food?</p> 	<p>Practice mindfulness colouring. Sit and meditate when you feel like you need to.</p> <p>Write a list of things you are grateful for, for example: I am grateful I have a house to keep me warm.</p> <p>Download the calm app onto phones or tablets. This has a lot of wellbeing activities both for you and your carers.</p> 	<p>PE/FITNESS</p> <ul style="list-style-type: none"> - Pick your favourite song, can you make up a dance routine to show us all when you get back to school? - Parents: If you make an account on 'Go Noodle' your children can do Zumba, dancing and much more! - Search 'Cosmic Kids Yoga' on YouTube and follow Jamie's moves to a story of your choice. 
<p>Can you make your own sandwich?</p> <p>Can you give instructions to someone wearing a blindfold?</p> <p>Can you draw instructions?</p> <p>Can you cut it into quarters?</p> 	<p>Can you draw a picture of you house and write your address underneath?</p> 	<p>PE/FITNESS</p>  <p>Captain Tom Moore walked 100 lengths of his garden to raise money for the NHS.</p> <p>How many times can you walk across your garden or living room in 5 minutes?</p> <p>Can you do this every day and see if you can beat your score?</p>

Can you make a healthy smoothie? A simple recipe is provided below.

<https://www.bbcgoodfood.com/recipes/collection/smoothie>



This week why not try to make your own playdough? You can have so much fun!!

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>



WELLBEING



Why not try some cloud watching. What pictures or shapes can you see?

Our thoughts can be a little like clouds – some days they fill our heads and on other days they blow away and change!

If you have a phone, take a picture and then tell someone what you see.



Dash has a challenge for you – how many keepy-uppies can you do using your feet, hands or head? You can use a ball or a balloon! Can you switch between left and right?

Have a go at making an old sock to make a puppet and then put on a puppet show for someone in your house.



WELLBEING

This week I would like you to practise getting into a relaxed mood why not try cosmic yoga? Here is a video to explain mindfulness.

<https://www.youtube.com/watch?v=8rp5bpFlUpq>



Fill a glass $\frac{1}{2}$ full with water. Spray some shaving foam in the top of the water to fill the glass to $\frac{3}{4}$ full. Then use your finger to make sure the top of the foam is flat. Mix another $\frac{1}{2}$ cup of water with 10 drops of food colouring, then gently add the coloured water spoon by spoon to the top of the shaving cream. When it gets too heavy, a 'storm' should happen! This is how rain storms happen in real life – when the clouds get full, the water falls down as rain.

SCIENCE

This week I've been thinking about bugs!



If you fill a pot with twigs and dried grass, you can make a bug hotel. Have a go and see what creatures visit your bug hotel each day!

WELLBEING



Can you make a card to cheer someone in your family up this week? Doing something nice for other people always makes me smile!