



Wellbeing Menu



COOKING
ART/DI

Look outside your window at the view. What can you see? Draw your view using different items; crayons, pencils, felt-tips etc.

CREATIVE
PE/FITNESS

- 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!
- Go for your daily run. Make sure you are still exercising.

FITNESS/WELLBEING
WELLBEING

Keep looking after yourselves like we do at school:

- practice mindfulness colouring.
- sit and meditate
- you could do peer massage with your family, just remember the techniques.

What do you appreciate the most?
e.g. *During lockdown I appreciate all the time I get to spend with my family and seeing them more.*

Cooking and Nutrition

Keep a food diary for a week. Make a note and draw a picture of the different meals you have had. Is your diet a healthy one? If not, how can you improve it?

MATHS/ART

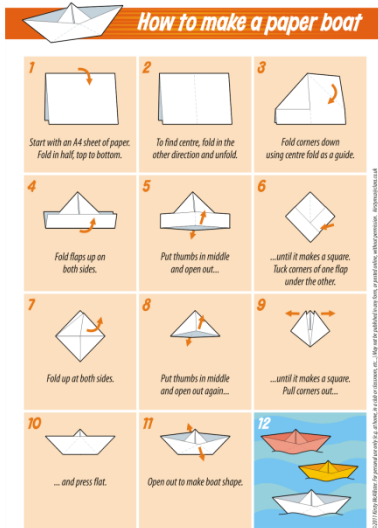
Cut up different shapes in different sizes try and recreate your favourite animal using the shapes you have cut out.

SCIENCE

Can you create a boat that can carry a small toy character?
What materials will you use?
How will it move? Is it water proof?

WELLBEING/ RESILIENCE

Origami can be very relaxing. It also helps build up your resilience. Why not have a calm relaxing afternoon by making paper boats and racing them with friends or family in the bath tub. Click on the image and make it bigger to see the instructions more clearly.



ART/DI

Get a piece of paper and fill it with colours of your choice. When it is filled completely, colour the whole sheet with black or brown wax crayon. Scratch out the image you like using a paper clip or a bobby pin or even a tooth pick.



HISTORY

The moon landing

When Neil Armstrong went to the moon he wasn't allowed to take a suitcase full of things to space with him. He only took a few things that were really important to him like a photo of his family. If you were to go to the moon what are the few things that you would take with you?



SCIENCE/STEM

Habitats

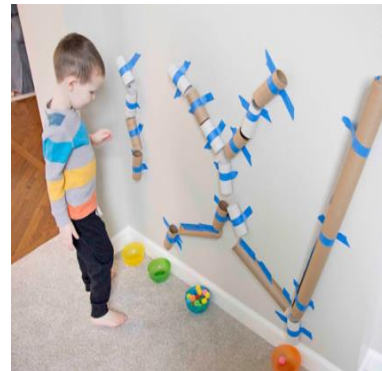
Can you create a habitat for a bird? What is your type of bird? What climate does it come from? Where does it lay its eggs? Does it live in a nest, a cave, a hole or even a bird box?



SCIENCE/STEM

Forces

Can you use cardboard tubes that form toilet roles or kitchen rolls to create a pompom drop game. Using the force of gravity can you make a pathway for the pompom or a small ball even.



WELLBEING

Sometimes it can be difficult to tell people how we feel. Why not create some feelings jars.

Get at least 2 jars. Make one your happy jar and one your sad jar. Write down your feelings at different points of the day. Every week sit down and open the jars with someone you trust and see which jar you have filled the most.

You can have as many jars as you want such as super star jar or courage jar...



--	--	--