



# Wellbeing Menu



Try to do one activity each day - some may take more than one day to complete.

## PERSONAL DEVELOPMENT

What are you NOW grateful for? Has this period in isolation changed what you are now grateful for? Can you find out from your family what they are grateful for? Have their opinions changed? Do they consider themselves grateful for things they didn't consider before-Can you make a list, draw a picture, take a photograph, draw a mind map.... To show what you are grateful for.

*today i am grateful for \_\_\_\_\_*

## ART/DT



<https://parade.com/1025023/kelseypelzer/essay-origami-for-kids/>

## PERSONAL DEVELOPMENT



Draw your own wheel and divide it into 8 each segments. Then write a personal goal you'd like to achieve before returning back to school in each segment.

Categorise your goals so that they have a purpose. Example: Family goal, friendship goal....

Once completed colour it in 😊

## ART/DT

Can you create your own hanging wind charm.



You can make these using any old paper, cardboard, string, wool, cotton or yarn. Make them as colourful as you like! You can make them any shape, although think carefully about how your shape will hang from a tree or hook.

## SCIENCE

Can you identify the different forms of energy you and your family are using at home? Do you all use the same types of energy -or different types?

[http://ypte.org.uk/audiences/kids?qclid=EAlQobChMlid3UmJf-6AIVTLdICh2O?gzeUEAAYASABEgLK6fD\\_BwE](http://ypte.org.uk/audiences/kids?qclid=EAlQobChMlid3UmJf-6AIVTLdICh2O?gzeUEAAYASABEgLK6fD_BwE)

This site allows you to watch some useful videos about different types of energy.

Can you create a table to describe:

- What you have found out?
- Why it is useful?
- Where it comes from?
- Is it natural or man-made?

## GEOGRAPHY

Pick a country that you would like to learn more about. Find out the following information for your chosen country:

- Name
- Population
- Capital City
- Currency
- Religion
- National Symbols
- Time zone
- National Holidays
- Where in the world it is situated
- Anything else you can think of would be great!



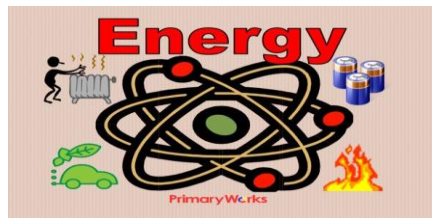
Depending on the weight and shape will depend on how it hangs. This is something you will need to plan beforehand.

Here is a site you might find useful:

<https://bigdiyideas.com/40-simple-diy-projects-for-kids/>

Be as bold as you like, maybe you could create one for our school gardens?

- New vocabulary.
- Can draw a mind map to show your findings, or create a poster? Be as creative as you want 😊



Here is a site which you might find useful:

<https://www.kids-world-travel-guide.com/html>

Have fun and present your work as creatively as possible.



### ART/DT



Linking to our geography work-Can you create a collage of different flags?

- How will you design your collage?
- What do you want it to look like?
- Can you use a range of different materials?
- Which flags will you choose and why?



### SCIENCE / DT

#### Spaghetti Bridges

Can you build a spaghetti bridge that's strong enough to hold a bag of sugar?

Watch the video to see Dyson engineers attempt the challenge with their spaghetti replica of the Golden Gate Bridge.

[https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=EA1aIQobChMImc3AjpG96QIVgrTtCh2vGw\\_ZEAYAYAAEgIEL\\_D\\_BwE](https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=EA1aIQobChMImc3AjpG96QIVgrTtCh2vGw_ZEAYAYAAEgIEL_D_BwE)



### PERSONAL DEVELOPMENT

Try out these mindfulness activities with your family-

5 mindfulness activities for kids (no meditation required)

- Do a breathing exercise. If you've never tried meditation before, it's as simple as sitting down and focusing on the sounds and feelings of your own breath. ...
- Take a nature walk. ...
- Come up with a positive mission statement. ...
- Talk about gratitude. What does 'gratitude' mean to you?

