



Wellbeing Menu



Try to choose one activity each day - some may take two days to complete.

ART/DT

Optical illusions.

In this lesson we will look at an Optical Illusion artwork before creating our own. You will learn to shade in to show that an object is three-dimensional.

<https://www.thenational.academy/year-6/foundation/optical-illusions-and-using-shading-to-show-form-year-6-wk3-5>

PERSONAL DEVELOPMENT



<https://www.youtube.com/watch?v=cZdO2e8K29o>

PERSONAL DEVELOPMENT/Well Being

Meditation is good for increasing your focus and taking care of yourself.

<https://www.headspace.com/meditation/kids>



PERSONAL DEVELOPMENT/Well Being Kindness Jar.

Take turns coming up with acts of kindness that you would like to do as a family, and write them on a pieces of paper. Put all papers in the jar, and decide are you are going to complete these acts of kindness. Weekly or daily.



PE/Fitness

Make an obstacle course in the garden or lounge (please ask permission first). Which member of the family can complete it the fastest?

GoNoodle has PE, dance and yoga.

<https://www.gonoodle.com/for-families/>



SCIENCE

What is a microorganism?

<https://www.bbc.co.uk/bitesize/topics/zfxxsbk/articles/zsgtrwx>

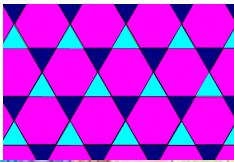
You could write a non-chronological report, draw a mind map, make a power point or art work to explain your findings.



ART/DT

Look for examples of tessellating patterns online or in your home.

Can you create your own tessellating pattern using different materials, eg. Crayons and paper or as a collage of materials or on the computer.



GEOGRAPHY

Boost your general knowledge by completing free online geography quizzes at

<https://www.educationquizzes.com/ks2/geography/>

Or play 'Guess What' by asking yes/no questions to work what place or geographical feature your partner is thinking of. (Use counters, coins or bits of paper to cover up the incorrect places).



WRITING

Write your very own thank you letter to our wonderful Healthcare Heroes. Good luck!

Remember to use the correct features of a thank you letter.

<https://www.bbc.co.uk/bitesize/articles/z69mt39>



PERSONAL DEVELOPMENT/Well Being

It seems a long time since we have been together so this week I'd like you to decorate a heart and write a message to your classmates and teachers. Make the heart and then take a picture of it, on its own or you holding it to the camera and send it to class Dojo



WRITING

Write a newspaper report on Captain Tom about his life in the army and WW2 and now his 100th birthday and his amazing fundraising for the NHS.



SCIENCE

Lots of practical ideas to investigate Science in the home.

<http://www.sciencefun.org/kidszone/experiments/>

Take photos of your investigation or draw what you observe. Can you write a summary and explain your findings?

