



Key Stage 2 – Wellbeing Week

Hi all,

We have decided to trial themed week activities to supplement the maths and English set within each year group. This week's theme is 'Wellbeing', below are some ideas of activities that you can complete throughout the week – there is no expectation to complete all of them.

<p style="text-align: center;">Get active!</p> <p>Your 'getting active' could be a dance, a game or some exercise – challenge yourself to try something different.</p> <p>If you fancy trying a few yoga poses, this link is a great place to start; https://www.youtube.com/watch?v=ho9uttOZdOQ</p>	<p style="text-align: center;">Get drawing!</p> <p>Can you draw a picture of you with your friends? It could be of you doing something that you all already enjoy or something you're looking forward to next time you're back together. (Or if you prefer not to draw; write a poem or story about your friends.)</p>
<p style="text-align: center;">Get writing!</p> <p>Write an acrostic poem with the title of kindness. Remember this acrostic poem will have the letters K I N D N E S S down the side with each line of your poem beginning with a word that starts with that letter.</p>	<p style="text-align: center;">Get positive!</p> <p>Create an A-Z of gratefulness poster. Think of something that begins with each letter off the alphabet that you are grateful for – you may choose to illustrate it.</p>
<p style="text-align: center;">Get messy!</p> <p>Make yourself some slime! It could be alien slime, mermaid glitter gloop from a faraway deep-blue sparkly lagoon or marbled unicorn slime – the options and ideas are limitless! If you haven't made slime before you could try the 'recipe' below – please remember this is NOT edible! https://www.bbcgoodfood.com/howto/guide/how-to-make-slime</p>	<p style="text-align: center;">Get reading! (and illustrating!)</p> <p>Take some time out of each day to read something that you really enjoy. This could be a book (a new one or rereading your favourite), a comic or magazine – you may even choose to listen to an audio book.</p> <p>JK Rowling announced that she is releasing a new chapter of a new book – The Ickabog each day. She is also running a competition for children to illustrate the different chapters of the book. All of the chapters released so far and further details of the competition can be found here - https://www.theickabog.com/home/</p>
<p style="text-align: center;">Get designing!</p> <p>Plan and design your ideal bedroom – let your imagination go wild when considering what you would like to include. You could draw a plan of your room or even build a model out of cardboard or other packaging in your house.</p>	<p style="text-align: center;">Get cooking!</p> <p>Try cooking or baking something new! It could be trying a new recipe for the first time as a family or even helping to prepare dinner, lunch or baking a sweet treat.</p>
<p style="text-align: center;">Get mindful!</p> <p>Find a quiet space in the house or the garden and either sit or lie down. Breathe in, out, in, out – concentrate really carefully on your breathing. If something else pops into your head try to wave it away and go back to your breathing – in, out, in, out. Can you concentrate on only your breathing for 2 minutes continually?</p>	<p style="text-align: center;">Get outside!</p> <p>Go for a walk or a cycle to get some fresh air. Whilst you're out there take note of your surroundings carefully – think about the different sounds and smells around you, as well as what you can see.</p>