












Wellbeing Menu



UNDERSTANDING THE WORLD	CREATIVE	FITNESS/WELLBEING
 <p>Carry out a floating/sinking experiment. Fill a bowl with water and place some sticks in it. What happens to them? If they stay on the top they float, if they go to the bottom they sink. Are there any other objects you can find to experiment with? Stones, bottle tops, sweet papers?</p>	 <p>Go for a walk and collect some sticks. They can be different sizes. Can you order them from longest to shortest? Can you make a boat with your sticks? What else could you use to make a boat? Think about your floating objects from your experiment.</p>	<p>Practise ways to relax and enjoy just being together as a family. This is a unique time where we have a little more space in our lives to do this.</p>  <p>If the weather is dry, find a comfortable spot outside, lay down and look at the sky. Are there any clouds? Are they moving? What patterns do they make?</p>
 <p>Make some salt dough using the above recipe. What does it feel like? What can you make with it? Now ask an adult to put it into a 150°c degree oven for 3 hours or until it is dry. How does it feel now?</p>	<p>Get on your dancing shoes and follow the moves to the 'Dinosaur Stomp':</p>  <p>https://www.youtube.com/watch?v=lmhi98dHa5w What new moves can you think of? Make up a different dance and show your family.</p>	<p>Practise ways to relax and enjoy just being together as a family. This is a unique time where we have a little more space in our lives to do this.</p>  <p>Go around your hand with your finger slowly. Breathe in when you go up, breathe out when you go down. Then go back the other way. This will make you feel more relaxed and calm.</p>
<p>What uses electricity? Electricity is a form of energy that gives things the ability to move and work.</p>  <p>Have a look around your home and count how many things will only work with electricity. Do not touch the plug though, electricity can be dangerous!</p>	<p>Follow these simple instructions to make a sun hat. Then decorate it using pens, paint or stickers. Try it outside when it's sunny. Do you feel cooler with it on?</p> 	<p>Practise ways to relax and enjoy just being together as a family.</p>  <p>Have you tried mindful listening? Watch this video to help you practise listening to the world around you: https://www.youtube.com/watch?v=H0vLuV8e8Y0</p>

What's it made of?



Many things in your house are made of different materials. These materials could be wood, metal, or plastic. Look around your house at all the different materials and see if you can find all 3 materials in your home. Find out which material is used the most?

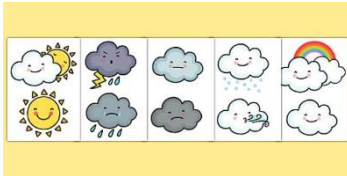
Have you ever painted with a fork? You can create a beautiful picture using a fork and some paint. The more colours the better!



Practise ways to relax and enjoy just being together as a family. This is a unique time where we have a little more space in our lives to do this. Get your heart and your family's heart healthy by exercising it! Follow the Go Noodle guys to get dancing and get fit!



<https://www.youtube.com/watch?v=BQ9q4U2P3ig>



Project:

Look out of your window each morning. What is the weather like? Write down the name of the day and draw the weather (see the ideas above). Check the weather during the day. Does it stay the same? Count how many different weathers we have in a week.

Fancy making music with water? All you need is 3-4 glasses and a metal teaspoon. Ask an adult to fill up each glass with different amounts of water. Now carefully tap each glass on the side. Notice how the different amounts make different sounds. Can you make up a song using your new instrument?



Practise ways to relax and enjoy just being together as a family. This is a unique time where we have a little more space in our lives to do this. Join Jamie with an underwater session that is full of yoga and stories and fun. Don't forget to invite the other members of your family to join in too.



<https://www.youtube.com/watch?v=LhYtcadR9nw>