



# Wellbeing Menu

YEAR 6

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

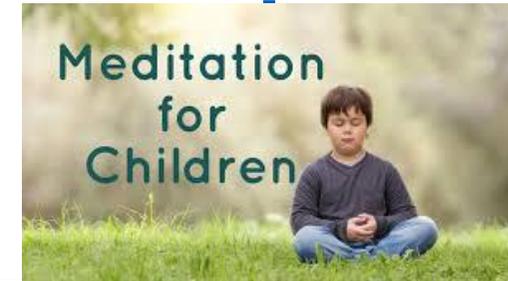


<https://www.youtube.com/watch?v=cZdO2e8K29o>

### 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>

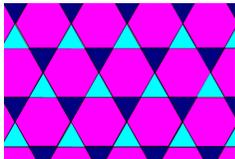
You could write a non-chronological report, draw a mind map, make a power point or art work to explain your findings.



### 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.



### WRITING

Write a newspaper report on Captain Tom about his life in the army and WW2 and now his 100<sup>th</sup> 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?

