

Wellbeing Menu



COOKING CREATIVE FITNESS/WELLBEING
PE/FITNESS

Can you think about what it means to eat healthily?

You could help with the cooking and preparation at home. If you do, take photos to show us!

Can you make a picture out of food?



Practice mindfulness colouring.
Sit and meditate when you feel like you need to

Write a list of things you are grateful for, for example: I am grateful I have a house to keep me warm.

Download the calm app onto phones or tablets. This has a lot of wellbeing activities both for you and your carers.



- Pick your favourite song, can you make up a dance routine to show us all when you get back to school?

- Parents: If you make an account on 'Go Noodle' your children can do Zumba, dancing and much more!

- Search 'Cosmic Kids Yoga' on YouTube and follow Jamie's moves to a story of your choice.



Can you make your own sandwich?

Can you give instructions to someone wearing a blindfold?

Can you draw instructions?

Can you cut it into quarters?



Collect some leaves and use your imagination! You could turn your leaf into a real or an imaginary creepy crawly!





PE/FITNESS

Captain Tom Moore walked 100 lengths of his garden to raise money for the NHS.

How many times can you walk across your garden or living room in 5 minutes?

Can you do this every day and see if you can beat your score?

Can you make a healthy smoothie? A simple recipe is provided below.

https://www.bbcgoodfood.com/recipes/collection/smoothie



This week why not try to make your own playdough? You can have so much fun!!

https://theimaginationtree.com/best-everno-cook-play-dough-recipe/



Why not try some cloud watching. What pictures or shapes can you see?

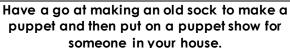
WELLBEING

Our thoughts can be a little like clouds – some days they fill our heads and on other days they blow away and change!

If you have a phone, take a picture and then tell someone what you see.



Dash has a challenge for you – how many keepyuppies can you do using your feet, hands or head? You can use a ball or a balloon! Can you switch between left and right?





WELLBEING

This week I would like you to practise getting into a relaxed mood why not try cosmic yoga? Here is a video to explain mindfulness.

https://www.youtube.com/watch?v=8rp5bpFl Upg



Fill a glass ½ full with water. Spray some shaving foam in the top of the water to fill the glass to ¾ ful. Then use your finger to make sure the top of the foam is flat. Mix another ½ cup of water with 10 drops of food colouring, then gently add the coloured water spoon by spoon to the top of the shaving cream. When it gets too heavy, a 'storm' should happen! This is how rain storms happen in real life – when the clouds get full, the water falls down as rain.

<u>SCIENCE</u>
This week I've been thinking about bugs!



If you fill a pot with twigs and dried grass, you can make a bug hotel. Have a go and see what creatures visit your bug hotel each day!



Can you make a card to cheer someone in your family up this week? Doing something nice for other people always makes me smile!