



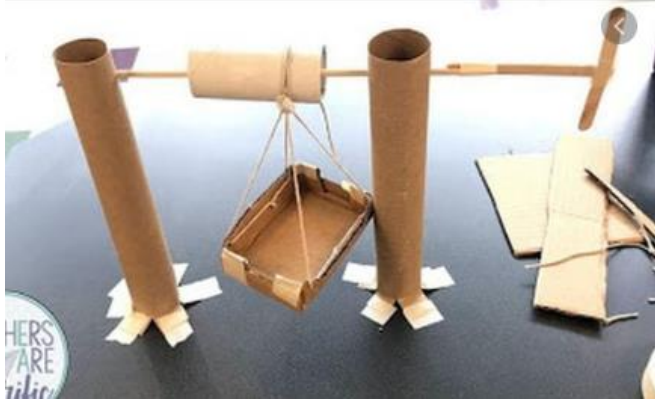
# Wellbeing Menu

YEAR 3

Try to choose one activity a day- it may take you more than one day to complete.

### SCIENCE/ STEM

The Ancient Egyptians were great engineers! They created a variety of pulley systems that helped them build great monuments.  
Using your engineering skills, create a pulley system of your own.



### Craft

#### Weaving



[https://www.google.com/search?q=weaving+using+a+plate&source=lmns&bih=657&biw=1366&hl=en-GB&ved=2ahUKewjX2ODgxbvqAhUOxOAKHYs1CmlQ\\_AUoAHoECAEQAA#kpvalbx=rugHYNGHDMCs1fAPr8ay0Ao15](https://www.google.com/search?q=weaving+using+a+plate&source=lmns&bih=657&biw=1366&hl=en-GB&ved=2ahUKewjX2ODgxbvqAhUOxOAKHYs1CmlQ_AUoAHoECAEQAA#kpvalbx=rugHYNGHDMCs1fAPr8ay0Ao15)

### MUSIC

Why not try to make a musical instrument? A pipe flute









### ART/DT



There are many artists that have been inspired by nature such as Van Gogh, Claud Monet or Georgia O'Keeffe  
Why not go on a nature walk and be inspired.  
Make a nature bracelet.

### PERSONAL WELLBEING

“Laughter is the best medicine”  
Why don't you try to tell someone a joke?  
Seeing them laugh will make you laugh.  
Here is a few to get you started.

 Q: What do elves learn in school? A: The elf-abet!	 Q: What did the paper say to the pencil? A: You have a good point.
 Q: What do librarians take with them when they go fishing? A: Bookworms.	 Q: Why didn't the sun go to college? A: Because it already had a million degrees!
 Q: When do astronauts eat? A: At launch time!	 Q: What did the pencil sharpener say to the pencil? A: Stop going in circles and get to the point.

### PERSONAL WELLBEING

Blowing bubbles! Blowing bubbles helps you control your breathing calms you down, cheers you up and is super fun. So why not try to blow some bubbles all you need is a few drops of washing up liquid, on half a cup of water, mix well make a hoop using a small wire (get an adult to help you to make a hoop), dip and blow, relax and enjoy.



### DT

There are many artists that have been inspired by nature such as Van Gogh, Claud Monet or Georgia O'Keeffe

Why not go on a nature walk and be inspired. Make a nature character.



### Art

#### Leaf Printing

Take a strip of paper and some paints outside and have a go at making a repeating pattern using your leaf to print. It helps if you brush the paint on the leaf before printing so you can control the amount that's used.



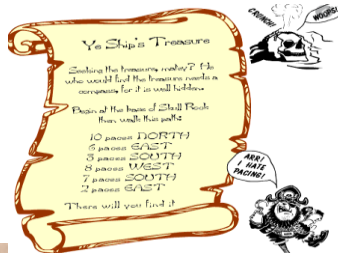
### GEOGRAPHY

Project: Create a teaching resource that helps boost Year 3 pupils' memory of European countries especially the countries that make up the United Kingdom. It could be a jigsaw or a matching the flag game.



### Geography

Create a treasure map for a friend or a family member. Give them instructions to find the treasure using compass point: north, east, south, and west. Remember to tell them how many paces to move in each direction to find the treasure.



### SCIENCE

Can you create the human skeleton from found objects such as sticks and stones?



### ART/DT

Project: Can you create a holiday on a plate?

