Wellbeing Menu



Try to choose one activity each day- some may take two days to complete.

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 threedimensional.

ART/DT

LAUrus

Ihttps://www.thenational.academy/year-6/foundation/optical-illusions-and-using-shadingto-show-form-year-6-wk3-5



https://www.youtube.com/watch?v=cZdO2e8 K290

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 areyou 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/



PERSONAL DEVELOPMENT/Well Being Meditation is good for increasing your focus and taking care of yourself. https://www.headspace.com/meditation/kid



SCIENCE What is a microorganism? https://www.bbc.co.uk/bitesize/topics/zfxxsb k/articles/zsgtrwx You could write a non-chronological report, draw a mind map, make a power point or art work to explain your findings.



