

Activity 1 : Wellbeing Calendar

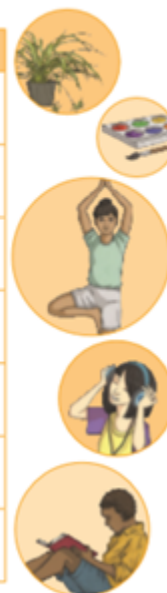
Fill in the Wellbeing Calendar and write two things you done each day that made you feel happy and healthy.

For example on Monday I did yoga and did food shopping with my mum.

My Wellbeing Calendar

Looking after how we feel is really important. We can choose to do things which look after our wellbeing and help us to feel happy and healthy. Think about what you would like to do this week to help you feel happy and healthy. Plan to do at least two things each day and write it on your weekly wellbeing calendar.

Day	Activities to help me feel happy and healthy
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Activity 2 : Challenge Card 1

Choose one challenge card per a day for the whole week and choose an activity you want to do. After completing the activity. Write down on a piece of paper or a notebook how you felt after the activity?

Were you happy? Excited? Tired? Would you do this activity again with your family? Did you learn something new?

Dance routine

Create and learn a dance routine to your favourite song, showcase to your family.



New skills

As a family, think of a new skill that you can all learn whilst at home, then learn it. For example, learn how to speak Spanish, knitting. We would love to hear all about them when we return to school.

Selfie Fun

Have a selfie taking session – using lots of props (hats, scarfs, etc) and then share with family members far away.

Yoga Class






Visit www.youtube.com/user/CosmicKidsYoga and choose a session that you know you will enjoy. Your challenge is to hold each pose for the same amount of time as Jamie (the online yoga instructor).

Joke telling

Hold a family comedy event – everyone needs to make up their own or research 5-10 jokes to share with the family. Then decide who is the winner by the most amount of laughing created.

Fill in the Home Learning Diary, if you cannot fill everything out, set it as a target to achieve for the following week. Think about new things that you have not done.

My Home Learning 2020 Diary Date _____

Monday 	Three new words I learnt this week:
Tuesday	Three websites I enjoyed exploring: 
Wednesday 	The best game I played this week: 
Thursday 	The best thing I saw outside:
Friday	Something creative I did this week:
	Funniest moment of the week:
	What I hope to achieve next week:

My exercise tracker:
Colour in one picture every time you do something physical!

