

Home Learning Information
WC 18/05/20 Wellbeing activities



These activities are designed to be completed at home whilst school is closed. They are not compulsory, but intended to support families whilst we are unable to be with your children at this time.

Do the mood walk

Create a walk or dance to go with different moods and feelings – get someone to name different feelings and create a walk for that. Just lie this video <https://family.gonoodle.com/activities/mood-walk>

Make some food together

This could be creating a fruit salad by everyone putting in their favourite fruit into it. Consider a fruit or combination you have never tried before. Help prepare the fruit by peeling the bananas or washing the berries. Enjoy the sharing together!

Create a stone pet

Go outside and find some interesting stones and create a stone pet. What name could you give them?

Make a sensory bottle

Use this link to make your own sensory bottle. <https://www.youtube.com/watch?v=D7zp7KbxbKY>

For further activities and ideas have a look at Thrive approach in Twitter or Facebook