

This week is Mental Health and Wellbeing week, so all the activities are based on the theme of kindness. At this difficult time, we feel it is important to look after yourself and be kind to each other. As in previous weeks you can choose the activities you would like to do and enjoy them together. Please send your teachers some pictures of all the fun things you get up to.

Monday

- Read 'Winnie and Wilbur stay at home' on oxford owl. <https://www.oxfordowl.co.uk/api/interactives/30463.html>
- Could you draw a picture of all the fun things you have done while staying at home?
- Breathe through the meditation on go noodle <https://app.gonoodle.com/activities/be-kind?s=category&t=Build%20Compassion&sid=20> *How did this make you feel?*
- The NHS have been working harder than usual to help so many people at this hard time. They are our very own real-life superheroes. But, I know another superhero and that is YOU! Have ago at drawing yourself as a superhero and ask your adult to send it into the Arts competition (details for the competition are attached separately).

Tuesday

- Read the Kindness PowerPoint with an adult. *What does it mean to be kind? When have you shown kindness to someone?*
- Write a list of all the kind things you want to do today.
- Breathe through the meditation on go noodle <https://app.gonoodle.com/activities/help-others?s=category&t=Build%20Compassion&sid=20> *How will you help someone today?*
- Design a picture that shows what kindness means to you. This could be helping someone, rainbows, sunshine etc. Be as creative as you like.

Wednesday

- Watch the 'Be Kind' story on YouTube. <https://www.youtube.com/watch?v=kAo4-2UzgPo> What could you do to show kindness to your family?
- Write a letter to someone you are missing and tell them this.
- Join in with some yoga on cosmic kids <https://www.youtube.com/user/CosmicKidsYoga>
- Tidy your room and do something to help your grown up.

Thursday

- Read 'Everybody Worries' on oxford owl <https://www.oxfordowl.co.uk/api/interactives/29765.html> *Can you tell an adult what you are worried about?*
- Draw your worries out like in the story and give them a name.
- Breathe through the meditation on go noodle. <https://app.gonoodle.com/activities/kind-wishes?s=category&t=Build%20Compassion&sid=20> *Who did you send kind wishes too?*
- Think of something nice to say to everyone in your family. Can you make them something to show them how much you care? This could be a picture, a letter etc.

Friday

- Watch 'Lucy's Blue Day' on YouTube. <https://www.youtube.com/watch?v=UmrUV8v-KQg>
- It is okay not to always feel happy, but we need to understand our feelings. Can you write down lots of things that make you feel happy and excited?
- Go on a walk, ride your bike or scooter with you adult.
- Do some exercise with Jumpstart Johnny. <https://www.youtube.com/channel/UC8PDFwCV0HHcl08-1SzdIBw>

Remember to read and share lots of books and stories which you enjoy every day. Maybe you could recommend a story or book for your friends to read on Teams.

Websites and learning resources you may also want to engage with:

- Keep up to speed with your maths knowledge by playing these fun games –
<https://www.topmarks.co.uk/maths-games/5-7-years/counting>
<https://www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/>
<https://www.ictgames.com/mobilePage/index.html>
<https://kids.classroomsecrets.co.uk/category/evfs/>
- Practice your phonics by playing these fun games -
<https://www.phonicsplay.co.uk>
<https://www.topmarks.co.uk/english-games/5-7-years/letters-and-sounds>
<https://www.ictgames.com/mobilePage/literacy.html>
<https://kids.classroomsecrets.co.uk/category/evfs/>
- Read a range of books about many different interesting topics –
<https://www.oxfordowl.co.uk/>
- Listen to a range of stories and podcasts –
<https://www.storylineonline.net/>
<https://www.worldbookday.com/storytime-online/>
<https://www.worldofdavidwalliams.com/elevenses/>
<https://stories.audible.com/start-listen>
<https://www.facebook.com/OfficialGruffalo/>
- Keep active using fun videos –
Go Noodle Games: <https://www.youtube.com/user/GoNoodleGames>
Jump Start Jonny: <https://www.jumpstartjonny.co.uk/free-stuff>
Joe Wicks PE: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ>
Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>