

## Well-being activities for half term- time to relax and recharge



Take some time away from the screen. Pick a couple of activities from the grid below:

<p><b>GO OUTDOORS WITH Donna</b></p>	<p>Make a frozen sun catcher by taking the top of a tin, collecting leaves and any flowers and place in the tin. Then add water and leave outside or pop in the freezer.</p>	<p>Make a mud face! Collect some mud and splat it down. Create a face on it using leaves etc</p>	<p>Can you make a den outside? Do you need to collect sticks first? You could you go the woods!</p>	<p>Do the Big Garden Bird Watch. Spend half an hour looking out of your window and counting how many birds you see. Can you name them?</p>	<p>What outdoor art can you create? Maybe you could make a bird out of foliage or a cityscape.</p>	<p>Make a den for all the fairies who visit your garden.</p>	<p>Make a mini-beast hotel.</p>	<p>Can you make a bird feeder for the birds? Use some fat and add bird seed – hang it up and watch the wildlife come.</p>
<p><b>BUILD AND CREATE</b></p>	<p>Build a tall tower. What will you use? How sturdy is your structure?</p>	<p>Make a boat to float in your bath or sink. You could design a flag to attach to it.</p>	<p>Make a sock puppet and put on a show for someone in your house.</p>	<p>Have a go at baking a nice treat to share with someone in your house.</p>	<p>Can you create a model using construction? Maybe you could use some of the world's famous structures to influence your design.</p>	<p>Create your own jigsaw by drawing a picture and then cutting it into pieces. Can someone in your house complete your puzzle?</p>	<p>Build a den in your house or garden.</p>	<p>Use different objects around your house to make a collage picture.</p>
<p><b>Drop Everything And Read</b></p>	<p>Share a story with someone in your house.</p>	<p>Reread a book that you haven't read for a while.</p>	<p>Become a storyteller and make up your own story.</p>	<p>Find a quiet place to read a book independently.</p>	<p>Suggest a book to a friend. Why will they like it? Try not to reveal too much about the story!</p>	<p>Find a picture in a book that you have never noticed before.</p>	<p>Turn your favourite story into a comic book.</p>	<p>Read a description from a book and create your own illustrations.</p>
<p><b>GET MOVING</b></p>	<p>Set up a weekly circuit course – each week, see if you can improve your speed</p>	<p>Choreograph a dance routine to a piece of music.</p>	<p>Make your own assault course. Have you set up a design where you can travel over, under, around and through?</p>	<p>Design a fitness routine to teach to someone at home.</p>	<p>Hold a family Olympics afternoon. What sports will you include?</p>	<p>Stretch your legs and go for a walk. If you can't get outside then walk up and down your stairs or around your house. I wonder how many steps you can walk..</p>	<p>Spend some time developing a skill. This could be skipping, throwing, catching or hoola-hooping</p>	<p>Play the floor is lava and develop your balancing skills.</p>
<p><b>Feel VALUED</b></p>	<p>Make a bookmark linked to our values of friendship, kindness and respect. What do you think these values look like?</p>	<p>Where do you go in your house to relax? Can you make a 'calm corner'?</p>	<p>Make a phone call to a relative</p>	<p>Help a grown up by putting the shopping away, tidying your room or setting the table.</p>	<p>Write a card or letter to someone to say "thank you". What are you thankful for?</p>	<p>Record a message for a friend or teacher.</p>	<p>The gratitude alphabet. Share what you are thankful for, can you think of something for each letter of the alphabet?</p>	<p>Think about the things that are important to you. Now think about the things that are important to someone else.</p>