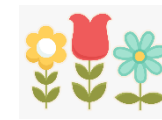
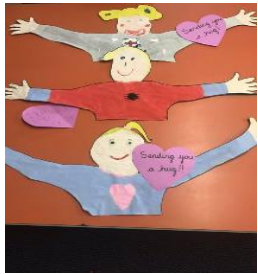




Health & Wellbeing



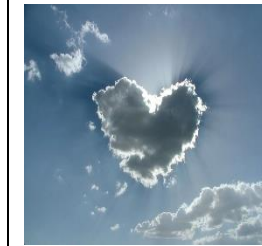
Mrs McAleeny would like you to mail a hug: Create a hug to send to someone you are missing at the moment. This will cheer them up!



Mrs Hulley: Remember to stop and take the time to look around you. There's always something new and different hidden within the familiar. I've discovered there is a pair of sparrows nesting in a tree in my garden. I wonder what you'll find.



Miss Nederlof: Take some time to think about all the things you love. Create a 'Tree of Strength'. Draw a tree on paper (or with chalk outside) and add all the things you love on the leaves of your tree.



Miss Hudson would like you to lie down in the grass, look up to the sky and watch the clouds

pass by. Can you see any shapes? Take a moment to pause and think about how you could make yourself feel weightless like a cloud...

Mrs Roe: On a dry day, lie on your tummy on the grass and take a really close up look at the amazing mini jungle in front of your eyes. Take your time. Notice any tiny creatures. Then close your eyes and notice the smells and sounds around you. The world is amazing from the tiniest to the largest forms of life.



Mrs Fletcher would like you to make a musical instrument out of things around the house or hidden in cupboards. Can you compose a song using it?

Miss Spearing: Can you create a scavenger hunt for your family? It could be inside or outside. You might want to leave clues or even just look for things that are certain colours from in and around your home?



Miss Sothern: Make your own mini raft using twigs, leaves and string. You could design your own flag to attach to it. Then see if it floats!



Mrs Kurton: Can you have a go at making your own bubble mixture using this link?

<https://www.bbcgoodfood.com/howto/guide/how-make-bubble-mixture> This will help you take slow, deep breaths and look out for the rainbows inside them!

Mrs Oomen: Have a think about your favourite place on the Wirral. Draw a picture of your favourite place that you are looking forward to visiting!



Perhaps it's an Ice Cream at Parkgate or making sandcastles at West Kirby. Let's celebrate where we live.

Miss Doogan would like to know: What are you looking forward to when all this is over? Find a jar and decorate it. Add in all the things you want to do, such as visit family, play with friends, go to the park, play football with your team etc.



Mrs Daly would like you to build a den or a fort, inside or outside, for somewhere to play or just a place to relax! What materials could you build it from?



Mrs Such would like you to go outside, sit somewhere in a quiet area and listen to all the sounds around you. Listen for the different bird songs. What else can you hear?



Mrs Bradshaw would like you all to share your favourite recipes and put together a recipe booklet. Perhaps you could sell some of these delicious treats when we are back in school; all funds could go towards a charity of your choice?



Mrs Ierston would like you to SING! Sing and dance along to your favourite song. How does this song make you feel? Do you have memories of other times you've listened to this song?



Mrs Jones: Have a clear out of any old clothes or things and try to upcycle them. Perhaps try to design something new!



Ms Ashcroft: Think about any of your family or friends - they may have a birthday soon, or you may want to just make them a card. Take time to think about what they like. You could paint a picture, then stick it onto some card with a lovely message. It could be someone you can't see at the moment or someone in your family. Have fun!



Mrs Ahmadi: Why not try creating some paper flowers. Have a go at using tissue paper to create a flower, then why not try making them into a bouquet? You could perhaps give them to a family member to show them how much you care.



Mrs Longworth: Why not try setting daily challenges for your family? They could be as simple as clearing out a room, or perhaps related to fitness such as running on the spot for a minute, etc. Perhaps try baking something new, or even a challenge such as setting up a stall (at a safe distance) to raise money for a charity of your choice!



Mrs Morley would like you to make a memory box. You could decorate it and fill it with special things, for example; photos, drawings, messages, thoughts, wishes etc. This way, you will have a keepsake box to treasure forever which will enable you to look back over lots of fond memories and help you through this difficult time.

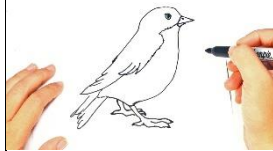


Mrs Chadwick would like you to draw or write a short sentence on something new you have tried or achieved and how it made you feel.

'What we learn becomes a part of who we are!'



Mrs Gore would like you to complete a **30 Day Drawing Challenge!** Draw something different every day, for example; a bird, a tree, an ice-cream, a car, anything you can think of. See how your drawings have improved at the end of 30 days. You'll also have a collection of art at the end of lockdown to look back on in years to come!



Mrs Stark (Y2) would like you to think of one act of kindness each day, for a whole week, that you could complete for family or friends. It might be tidying your bedroom for a grown up, creating a thank you poster for the postman or FaceTiming a family member to remind them how much they are loved.



We hope you all enjoyed these challenges. Why not try create your own mindfulness chart for you and your family to lift their spirits? Take care and stay safe. Love from all of the Staff at Gayton x

