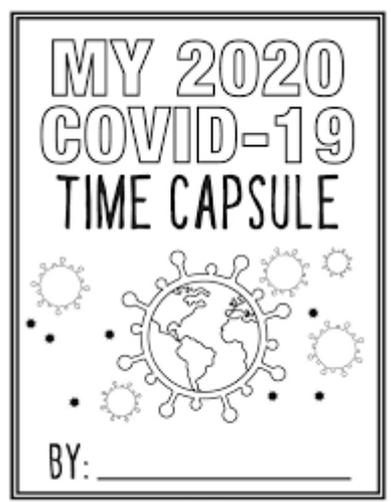
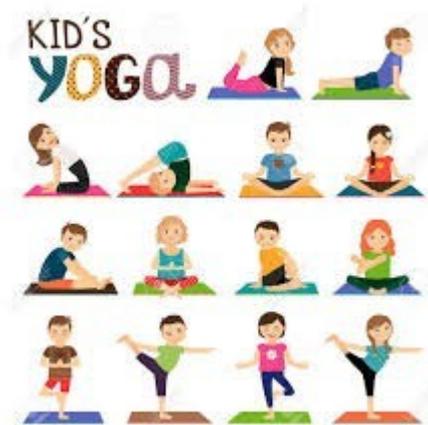




Home Learning - Creative Curriculum - Wk 4th May

by Helena Shaw - added 04 May 2020 02:33 PM

Children: Parent Notices and Information Reception Class



Notes

This week lets focus on our health and well-being. Have a go at completing these activities to focus on your own health and well-being.

Monday:

It can be a bit tricky to feel upbeat and positive during this time. To help to make you smile make a positives jar for your house. Every day write down something that makes you smile. If you need some inspiration then watch this video: <https://www.youtube.com/watch?v=LrnHDjMcnHE>

Tuesday:



We are at a very significant period in history. Make a time capsule so you can look back on this time when you are older. If you need a little inspiration watch this video of a Mum creating a time capsule for her 1 year old son. It has some fantastic ideas of how you could create your time capsule. https://www.youtube.com/watch?v=gi_SGIDbqZY I wonder what you will put inside yours!

Wednesday:

It is so important that we keep going outdoors for some time each day whether this is in your garden or on a daily walk or bike ride around your local area. Take a walk around where you live and take part in our scavenger hunt. It is in the pictures above. I wonder how many rainbows you will spot? I know lots of you have already put one of these in your windows.

Thursday:

Exercise is also really important for your well-being. Sometimes at school we do some yoga sessions. These are so good for both your mind and your body, and I know some of you have been doing some yoga at home during the lockdown. This yoga relaxation is really lovely: <https://www.youtube.com/watch?v=GUnDGPUfjnk> Or you could have a go at learning some different yoga positions: https://www.youtube.com/watch?v=r_fdqV4oZo8 <https://www.youtube.com/watch?v=sGpKWTWqVSM>

Friday:

It is a very important day today as it is 75 years since the end of the second world war in Europe. I know lots of people are planning on celebrating today to mark this special day. Maybe you could decorate your garden or your house to celebrate? You could have a go at making a Union Jack Flag or make some red, white and blue paperchains.