



Whole School

Week Beginning: Monday 18th May 2020

Subject: PSHE and Wellbeing

This week it is Mental Health Awareness Week. We are going to focus on the 5 Ways to Wellbeing this week and are asking you to complete one task from each of the 5 parts - Connect, Be Active, Keep Learning, Give and Take Notice.

Monday - Connect	Tuesday - Be Active	Wednesday - Keep Learning	Thursday - Give	Friday - Take Notice
Find out some information about your parents/grandparents that you didn't know. Ask some of these questions - Where did they go to school? Where was their first job? What did they do for fun when they were your age?	Create an obstacle course in the garden. Time yourself and see if you can get quicker.	Recreate a scene from your favourite movie or book.	Compliment everyone in your house today.	Start a happiness jar. Write down one thing each day that makes you happy and pop it in a jar. You can look back on these when this strange time ends.
Read a book to your brothers/sisters or maybe to a Grandparent via video call.	Put on your favourite music and dance!	Do a quiz with your friends and family via video call.	Handwrite a note thanking someone. Could you post this to them? Send us a picture on Twitter.	Try a blindfolded taste test of various foods from your kitchen - really concentrate on different flavours and textures.
Create a family tree. Make it into a poster.	Help out around the house with the cleaning.	Find out the meaning of your name. Find out your families too!	Do 3 random acts of kindness today.	Take some time out and do some colouring in.
Invent a secret code and write messages to your friends.	Complete a scavenger hunt. (see next page for ideas)	Think of an animal that begins with each letter of the alphabet.	Learn something new and share it with a friend.	Study your reflection. Find things that are similar/different to a friend or family member.

Learning for Life



Indoor scavenger hunt

- | | |
|--|---|
| <input type="checkbox"/> A fork | <input type="checkbox"/> A ruler |
| <input type="checkbox"/> A brown crayon or pencil | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has a nose | <input type="checkbox"/> A red lego brick |
| <input type="checkbox"/> A key | <input type="checkbox"/> A dice |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny |
| <input type="checkbox"/> A mixing bowl | <input type="checkbox"/> Something round |
| <input type="checkbox"/> A sock with yellow on it | <input type="checkbox"/> A hat |
| <input type="checkbox"/> A hard back book | <input type="checkbox"/> A hairband |
| <input type="checkbox"/> Something that has wheels | <input type="checkbox"/> A playing card |
| <input type="checkbox"/> A tissue | <input type="checkbox"/> Something orange |

Outdoor scavenger hunt

- | | |
|---|--|
| <input type="checkbox"/> A feather | <input type="checkbox"/> A daisy |
| <input type="checkbox"/> A jogger | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves | <input type="checkbox"/> A spider web |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry |
| <input type="checkbox"/> A weed | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow | <input type="checkbox"/> A butterfly |
| <input type="checkbox"/> A crack in the pavement | <input type="checkbox"/> A wooden bench |
| <input type="checkbox"/> A bug | <input type="checkbox"/> A post box |
| <input type="checkbox"/> Something round | <input type="checkbox"/> A worm |