

Go on a 'Five Senses Walk'

Using your senses, take in your surroundings and let us know what you find on your walk below:

I can see... 	
I can hear... 	
I can feel... 	
I can smell... 	
I can taste... 	

Baking

i Did you know...

Baking is not only a fun activity you can do with your family, you can also use it to test your Maths skills!

When baking, you have to make careful measurements, divide the recipe into even portions, time how long it takes to bake, and you can even double or halve your recipe according to how many people will be enjoying your treat!

Here is a yummy chocolate chip cookie recipe for you to follow.. Let us see your results by sending your teacher a picture of your creations:

Ingredients:

- ★ 215g butter, softened
- ★ 225g light brown sugar
- ★ 2 eggs
- ★ 1 teaspoon of vanilla extract
- ★ 310g plain flour, sieved
- ★ ¼ teaspoon of bicarbonate of soda
- ★ A pinch of salt
- ★ A large handful of chocolate chips

Method:

- Using a hand whisk, beat the butter, and brown sugar together until combined – for about 2 minutes.
- Add the eggs and vanilla essence to the butter and sugar and whisk until well mixed.
- Sieve the salt and bicarbonate of soda into the flour, add to the mixture and whisk again until you have a stiff dough.
- Add your chocolate chips and stir through.
- Roll the dough into a sausage shape, wrap in cling film and rest in the fridge for an hour.
- Preheat the oven to 170°C.
- When the dough is chilled, slice the sausage into cookies and place on a baking tray.
- Bake in the oven for 15 minutes or until golden, cool on a wire rack.



Yoga & Meditation

Practicing Yoga and Meditation provides physical benefits such as strength and flexibility, but also improves emotional control and gives a boost of self-confidence, not to mention the relaxation benefits!

Have a go at the below exercises:

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Check out this guided meditation video to really relax you –

['Children's Rainbow Relaxation'](#)

Set Yourself Some Goals

Do you have something you have been wanting to try? Or maybe something you want to challenge yourself with!

Writing some goals is a great way to 'de-clutter' your mind and help you to feel organised. Have a go with your family and see what wonderful things you can achieve!

MY GOALS

- 1
- 2
- 3
- 4
- 5

Make a Den

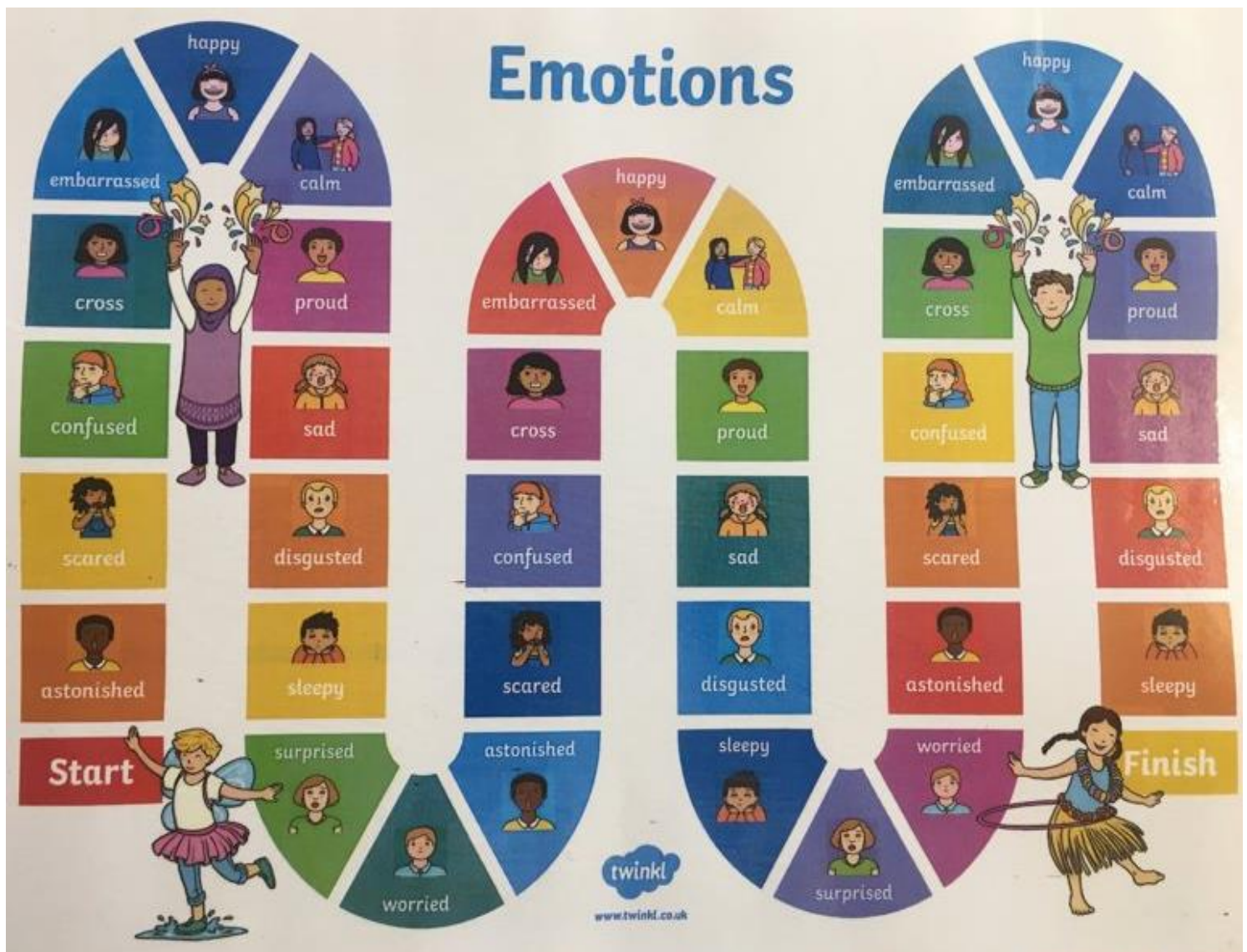
Den building is great at building confidence, improving problem solving and making you smile. As a family, see what household items you can use to build a den inside or outside and then enjoy some time together reading, pretend camping, telling stories or playing games!



Board Games

Playing games with your loved ones is one of the most mood enhancing activities you can do. There are so many games to choose from – why not have a go at our new 'Emotions Charades' game?

Using the below board, secretly roll your dice (don't show anyone which number you roll) and whichever number you land on, act out the emotion without speaking and your family must try to guess which emotion you are acting out!



Make a Glitter Jar

Use your Art and Science skills to create your own glitter jar! You can see how the different components react when combined to make a relaxing and calming jar.

Enjoy decorating the outside of your jar, see what items you can find to use from around your house or garden!

Here's how to make your jar:

- ★ *Find a jar or plastic bottle with a lid*
- ★ *Decorate it however you wish*
- ★ *Fill the bottle or jar up 3/4 of the way with water*
- ★ *Next add clear glue, your choice of food colouring and lots of glitter*
- ★ *Shake well*
- ★ *Seal the lid securely and admire your wonderful creation!*



Go on a Nature Hunt

Nature is such a magnificent thing. It has many, many benefits; with one big benefit being to help your mental wellbeing.

Get your family together and go out for a 'Nature Hunt'. Why not make it a mini-competition to see who can find the most wild and wonderful things?

Here are some examples of what to look out for...

(Though we would love to see what else you manage to find, please send us your pictures!)



Brown Leaf



Flower



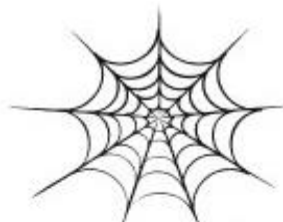
Mushroom



Tree



Flying Insect



Spider Web



Bird



Crawling Insect



Cloud



Dirt



Green Leaf



Bush with Berries



Stick



Puddle



Animal Tracks



Rock

Watch the Clouds

Take some time out on a sunny day to go outside and watch the clouds go by. Can you see any shapes or pictures in the clouds? What do your family think? Do they see something different to you?

Let us know what you see!



*One for
Mr Barker!!*



Plan a Trip

Use your Maths and Planning skills to plan your own trip! Have a look at the example below and discuss with your family what trip you could plan.

Think about your budget, how much money you might need for food, transport and how much it would cost per person.

**Remember you can plan to go wherever you like, these are just examples!*

**You have £100 to spend on a day out.
Where would you go? Would you take any family members? How much would it cost?
Could you visit more than one place?**

Make up a day's plan of real places to visit and how much it would cost. Here is an example of a day out, but you can go anywhere you like! You don't have to use all your money.



Place	Who	Cost	Total
Castle	2 adults and 2 children	Adults £8.00 each Children £5.00 each	£26.00
Beach	1 adult and 2 children	Only ice-creams £2.00 each	£6.00
Zoo	2 adults and 2 children	Adults £15.00 each Children £6.00 each	£42.00
Ice skating	1 adult and 4 children	Adult £10 Children £4 each	£26.00

Here are some more examples of the typical costs of food/drink and transport to help you plan your trip:

Typical Cost of Food	
Sandwich Meal Deal	£3
Burger & Chips	£5.50
Toastie	£2.50
Salad	£3.20
Typical Cost of Drinks	
Tea or Coffee	80p
Juice	£1.15
Fizzy Drink	£1.90
Bottle of Water	95p

Typical Cost of Activities (Child Prices)	
Theme Park	£45
Museum	£9
Zoo	£15
Cave Tour	£6.95
Typical Cost of Transport	
Bus (all day travel)	£6.60
Tram (return ticket)	£3.50
Car (up to 10 miles)	£1.65
Walking	Free!

What is your total? _____

List Your Best Qualities / Things You Like About Yourself

Our theme for Mental Health Week is 'Be Kind to Yourself & to Others', and what better way to be kind to yourself than to write down a list of your best qualities and things you like about yourself! You can also do this for your friends and family as an act of kindness to them.

Things I Love About Myself

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Create Kindness Cards

Grab some paper and use your Writing and Art skills to make some kindness cards and use them to brighten someone's day!

Giving someone a compliment or saying something nice to them may make the difference between a good day or a bad day. You will be helping to make someone's day great!

You are loved

*You make me
smile*

*Thank you for
being YOU*

*You are
amazing*

*Have a
wonderful day*

*You are doing
a great job*

You can also make cards with things you are willing to do for someone that they can 'redeem' whenever they like! Here are some examples:

*Do a chore
for someone*

Give a hug

*Tell a funny
joke*

*Write a kind
message*

*Draw a
picture for
someone*

*Read to
someone*

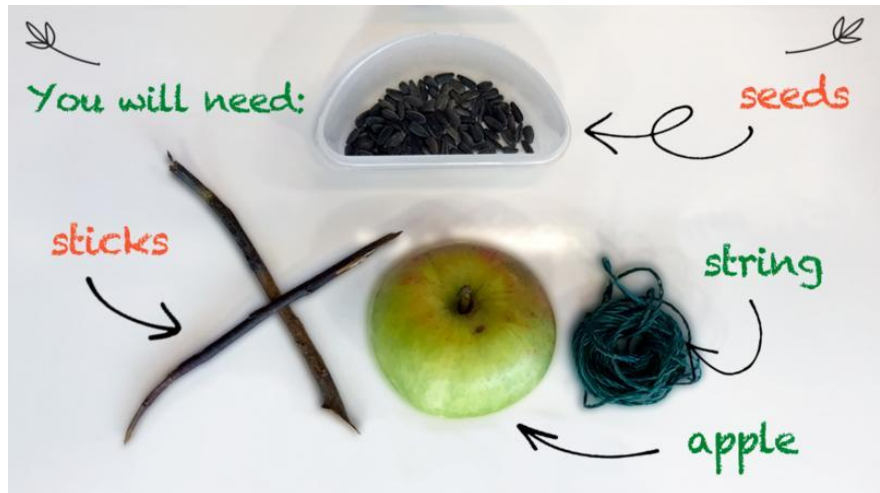
Kindness Rocks – Paint a Rock

Find some rocks and use your Art skills to paint lovely pictures or messages on them. You could then go and place them around the community for people to find – it is sure to make their day!



Make a Bird Feeder

It's important to be kind to wildlife too, here is how to make a yummy bird feeder:



Step 1

Make a hole through the middle of the apple and thread the string through it.

Step 2

Make an 'X' with the sticks and tie them to the string so the apple sits on top.

Step 3

Make a pattern by pushing the seeds into the apple, then it's ready to hang up!

Make a Mood Board

How do you feel? Sometimes it is easier to show your feelings, by creating a mood board you can write down all of your feelings and emotions and use this to explain how you are feeling.

Here is our example, but you can design it however you like!



DIY Stress Balls

You will need:

- ★ Balloons
- ★ Sand / Flour / Or anything similar
- ★ A Funnel

Take a look at [this video](#) for super easy instructions on how to make your own stress reliever balls!

You can use a felt tip pen to decorate your stress reliever however you like! We think these emoji ones are fun:



Positivity Jar

Grab an old jar and make it into something beautiful! This will be your positivity jar, you can fill it with all things positive!

A few examples are:

- ★ Things you have done that you are proud of
- ★ Things that make you happy
- ★ Phrases that make you smile

You can decorate your jar however you like – get creative with it!

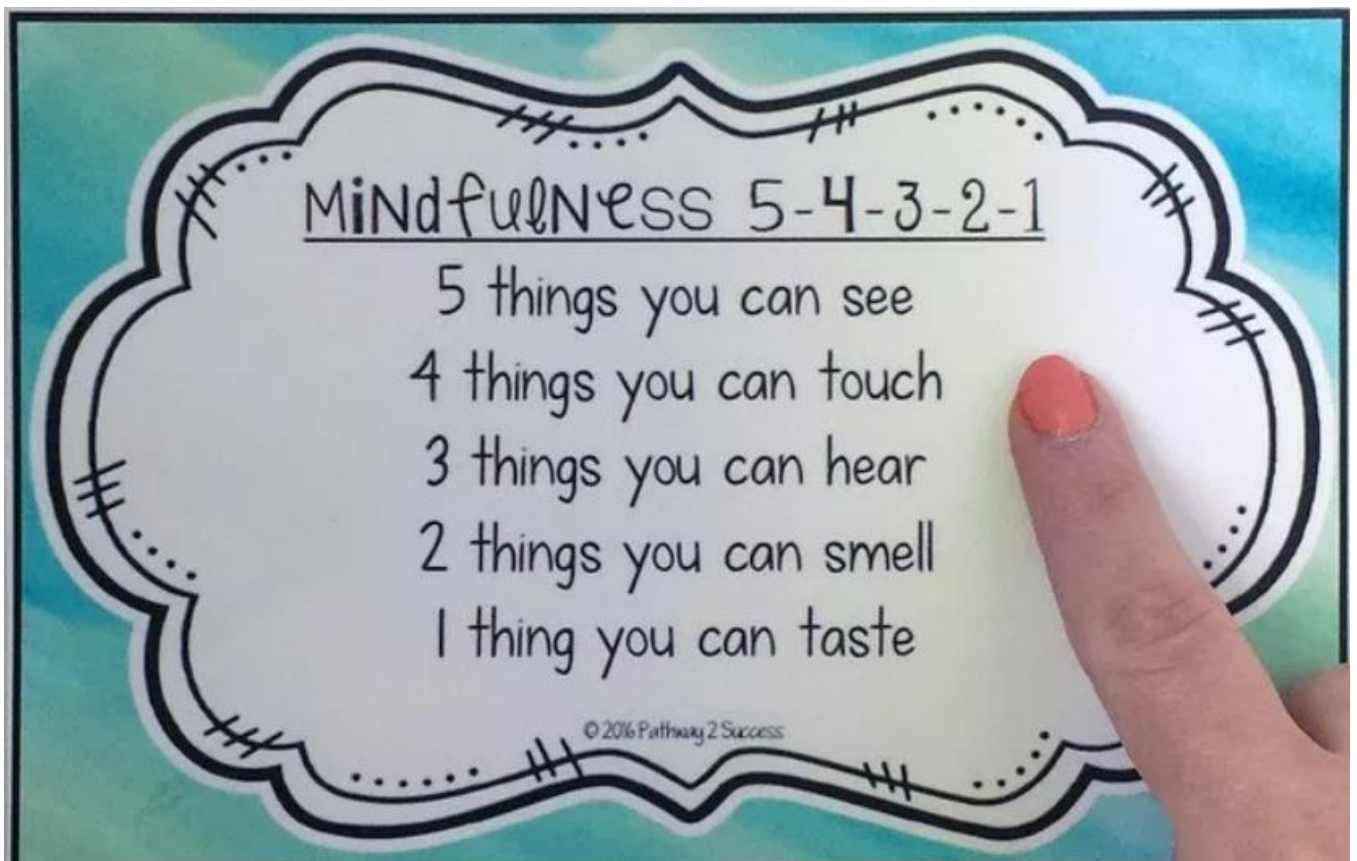


Mindfulness 5-4-3-2-1

This is an especially great activity to help manage anxiety or anger. Look around your current surroundings and find:

- ◆ Five things you can see
- ◆ Four things you can touch
- ◆ Three things you can hear
- ◆ Two things you can smell
- ◆ One thing you can taste

By taking the time to list all of these things, you will become more present and calm.



Calm

Grow Your Own Vegetables

Leafy vegetables that grow in heads, such as celery, are easy to re-grow. Just cut off the plant's base, which you normally wouldn't eat, so you have a piece about 1 inch tall.

Place it cut side up in a shallow saucer, and then add 1/2 inch of water. Refresh the water regularly and get ready to see it grow!

You can transplant them from water into soil as soon as they show roots and new green growth.



You can also follow this process for carrots. Soak the carrot tops in a shallow pool of water for one week and transfer to soil when roots form.

The tops will grow beautiful greens that are great in salads and pestos, as a replacement for parsley.



Breathing Exercises



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



Maths 'Treasure' Hunt

Have a look through a newspaper or magazine and see if you can find any of the below mathematical related items!

Number written in word form	Table of data	Time	Bar graph	Line graph or timeline
Polygon	Temperature	Date	Fraction	Number greater than 1 million
Price with dollars and cents	Percentage	FREE SPACE	Decimal greater than 1	Negative number
Circle graph	Line longer than 2 inches	Pattern	Mixed number	Recipe
Height & length	A unit of measure	Coupon	Price	