

Wellbeing Day

Wednesday 27th January 2021

Activity 1: (Step to wellbeing: connect)

Throughout the day, I want you to see how many different ways you can make people smile. Keep a list and share it with people on the stream tomorrow.

Activity 2: (Step to wellbeing: give)

I am an amazing person. - complete the following sentences

I am a good friend because....

I am proud of myself when....

I am a good team member because...

I am really good at...

I am thoughtful because...

My special talent is...

I am a good family member because ...

I am unique because...

Activity 3: (Step to wellbeing: keep learning)

Spend 10 minutes in TT Rock stars

Activity 4: (Step to wellbeing: give)

Plan and budget a party for your family (not the class as on the sheet). Use the attached sheet to help plan it.

Activity 5: (Step to wellbeing: keep learning)

Go onto Century and complete maths nuggets.

Activity 6: (step to wellbeing: connect)

Write a letter to someone you know who might benefit from receiving a letter.

You could write about what you have been doing during lockdown and what you are looking forward to doing with them when lockdown is over.

Activity 7: (Step to wellbeing: keep learning)

Go onto Century and complete English nuggets.

Activity 8: (Step to wellbeing: take notice)

Go on a nature walk. Note down all of the animals and plants that you see on your journey. You could also post your letter while you are out.

Activity 9: (Step to wellbeing: be active)

Have a go at some of the relaxation activities attached.

Party Budget Planning



Each person going to the party will need all of the items in the box. Work out the cost of each item then multiply it by the number of children in your class to find out how much you will need to spend.



2 sandwiches	1 bag of crisps	2 samosas	1 plate
4 drinks	2 cakes	2 sausage rolls	1 cup

Number of children in the class: _____

Food and Drink	Cost	Per Person	Total Quantity	Total Cost
A loaf of bread = 12 slices per loaf	£1	2 slices		
1 bottle of orange juice = 10 cups	£1.20	4 cups		
1 pack of cheese = 10 slices	£1.20	2 slices		
1 pack of ham = 10 slices	£1.60	6 slices		
1 pack of crisps = 6 bags	85p	1 bag		
1 box = 12 cakes	£1.15	2 cakes		
1 pack = 12 samosas	£1	2 samosas		
1 pack = 20 sausage rolls	£2	2 sausage rolls		
1 pack = 25 plates	80p	1 plate		
1 pack = 16 plastic cups	£1.50	1 cup		

Mindfulness Challenge Cards



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.

