


# Well-Being Wednesday

Year Group	English	Maths	Other Activities
Nursery	<p>Dough Disco - Incy Wincy Spider.</p> <p><u>Activity 1:</u> Phonics Practise forming the `u` sound, hear it, say it, write it.</p> <p><u>Activity 2:</u> Sing the nursery rhyme `Itsy Bitsy Spider' carry out the actions you have created for the rhyme.</p> <p><u>Activity 3:</u> Practise forming the letters in your name. An adult can write your name and you can go over the letters.</p>	<p><u>Activity 1:</u> Spiders have 8 legs - count up to 8, count backwards from 8 with the help from an adult.</p> <p><u>Activity 2:</u> Count out 8 objects (kitchen, bedroom or natural items from outdoors) Point and touch each object as you count the objects.</p> <p><u>Activity 3:</u> Find and collect shapes around the house/outdoors. Talk to an adult about the shapes you have found. How are they the same? How are they different?</p>	<ul style="list-style-type: none"> <li>• Phone or video call somebody that makes you smile. Share what you have been doing and ask them what they have been doing eg Did they have adventures in the snow?</li> <li>• Take a photograph of people and things that are important to you. Why are they important to you? How does it/they make you feel?</li> <li>• Give a person a hug (in your family bubble) How does it make you feel? When do you need a hug?</li> <li>• Think of a gift that you could give somebody. Can you draw or make something that would make somebody special to you smile.</li> <li>• Go outside for a walk - Look for the number 8 or the letter sound `u` or maybe you can see/find a spider.</li> </ul>
Reception	<p><u>Activity 1:</u> Look at a video of aeroplanes taking off. Talk about the aeroplane take off. Think of some action words to describe how the aeroplane takes off. What happens to the wheels? What different parts of the aeroplane are working move. (zoom, blast, hurls, explode)</p> <p><u>Activity 2:</u> Read your phonics blending or RWI book</p> <p><u>Activity 3:</u> Create a card to send to someone you haven't seen for a while</p>	<p><u>Activity 1:</u> Practise writing your numbers. See how far you can get in 2 minutes.</p> <p><u>Activity 2:</u> Using the 3D shapes you used yesterday when building your model. Can you describe them with your grown up? Remember to use the new words learnt on Monday (faces, vertex/corner and edges)</p> <p><u>Activity 3:</u> Pretend you are a rocket, start counting from 10/20 and count down to 0</p>	<ul style="list-style-type: none"> <li>• Create a model of an aeroplane using playdough</li> <li>• Complete a colouring activity</li> <li>• Snuggle up and read a story with your family</li> <li>• Dance - Put on your favourite song and dance along. You might be able to follow a dance-along version of the video on YouTube too.</li> <li>• Sing a favourite nursery rhyme</li> <li>• Watch and join in with Jamie on Cosmic Yoga</li> <li>• Go on a walk and deliver you card (the persons house or post box)</li> </ul>

Year 1	<p><u>Activity 1:</u> Log onto Spelling Shed and have a go.</p> <p><u>Activity 2:</u> Can you write a letter to a friend or teacher to let them know what you have been up to during lockdown?</p>	<p><u>Activity 1:</u> Log onto NumBots and see whether you can move up a level.</p> <p><u>Activity 2:</u> Have a go at playing some maths games on TopMarks - <a href="https://www.topmarks.co.uk/maths-games/5-7-years/counting">https://www.topmarks.co.uk/maths-games/5-7-years/counting</a></p>	<ul style="list-style-type: none"> <li>Choose 2 art-based wellbeing activities from <a href="http://www.place2be.org.uk">www.place2be.org.uk</a>. These are creative projects which engage themes through stories, art and conversation. Make sure you take lots of photos of your fantastic pieces of art! We can't wait to see them.</li> <li>Join the RSPB's 'Great British Bird Watch' early and use the bird watch resource sheets to help you spot different British birds on your daily walk or time in the garden. How many will you spot? Try and draw your favourite ones.</li> <li>Positive thinking: Have a think about my sentence starters, 'I am', 'I have' and 'I can', how many positives can you think of to describe yourself? E.g. I am a good friend, I can ask for help when I need it, I have people around me who I trust and who love me.</li> </ul>
Year 2	<p><u>Activity 1:</u> Log on to spell shed and have a go</p> <p><u>Activity 2:</u> Write a letter to a family member to let them know what you have been upto during lock down</p>	<p><u>Activity 1:</u> Log on to Numbots and see if you can improve your score.</p> <p><u>Activity 2:</u> Log on to TTRockstars and have a go</p> <p><u>Activity 3:</u> Talk about time with a family member - what can you find out?</p>	<ul style="list-style-type: none"> <li>Get outside. Have a look around - what season is it how do you know? What do the clouds look like? What do they remind you of?</li> <li>Post your letter you wrote to a family member</li> <li>Draw a picture of your favourite thing you've done during lockdown</li> <li>Go onto Youtube and choose a Cosmic Yoga to do like in PE</li> <li>Do a family workout with Joe Wicks</li> <li>Watch a film or your favourite TV program with a family member</li> <li>Play a board game or cards</li> </ul>
Year 3	<p>-Play on Spelling Shed.</p> <p>-Write a letter to a family member or friend, telling them what you've been doing during this lockdown. You could include a drawing too!</p>	<p>-Play TTRockstars/nuggets set on Century.</p> <p>-Do some baking/help prepare a meal with someone. Can you help to weigh out the ingredients? How much did each item cost? Find the total of your shopping list! Can you cut your cake into equal fractions?</p>	<p>-Get out in the fresh air! Have a look at the scavenger hunts below. How many things can you tick off?</p> <p>-Post the letter you wrote to a family member/friend.</p> <p>-Go onto YouTube and choose a 'Cosmic Kids Yoga'.</p> <p>-Play a board game or start a jigsaw puzzle.</p> <p>-Pick a film to watch. Write a review of the film.</p> <div data-bbox="1310 1145 1960 1473"> <p><b>BACKYARD SCAVENGER HUNT</b></p> <ul style="list-style-type: none"> <li>Find 3 kinds of leaves.</li> <li>Find something yellow.</li> <li>Name a bug that is red.</li> <li>Find 2 sticks.</li> <li>Find something that smells good.</li> <li>Name something you see in the sky.</li> <li>Find something that is round.</li> <li>Find something that grows that is green.</li> <li>Find a bird.</li> <li>Find 3 different colored rocks.</li> <li>Find something purple.</li> <li>Find a bug.</li> </ul> <p><b>NATURE SCAVENGER HUNT</b></p> <ul style="list-style-type: none"> <li>Find 4 pine cones.</li> <li>Find something that is yellow.</li> <li>Find 2 tree stumps.</li> <li>Find a Feather.</li> <li>Find a seed pod.</li> <li>Find 4 smooth rocks.</li> <li>Find a spider web with a spider on it.</li> <li>Find 3 mushrooms.</li> <li>Find a long stick.</li> <li>Find 2 things that can fly.</li> <li>Find 3 different sized green leaves.</li> <li>Find a dandelion weed. Blow a wish.</li> </ul>  </div>

## Year 4

20 minutes- Reading your book.  
Spelling Shed, Love of Reading - Oxford Owl,  
Write a letter to us, telling us about things  
that have been going well for you  
recently. Could you include some photos or  
draw a picture?

20 minutes Times Table RS, Century Nuggets

- Make a certificate for a friend to celebrate one of their special qualities or an achievement.
- Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low or upset.
- Make a list of all the things that you have achieved in the past week / month / year. Think of a way to celebrate your amazing progress!
- Find out about a charity that is important to you and think of ways that you could help them.
- Be Your Best You! - Find out ways you can make yourself more positive, braver, accept challenges and rise to opportunities without being scared.
- Coping calendar - Make 30 actions (one per day) to look after ourselves and each other.
- Make a 'My how to be Happy' Scrap book
- Dance! Put on your favourite song and dance along. You might be able to follow a dance-along version of the video on YouTube too.
- Laugh! Share some favourite jokes with friends or watch a funny cartoon or video.

# Year 5

Reading for 20 minutes  
Spelling Shed 'shun 2'  
Century word classes

Write a letter to a friend or relative.  
A letter is something that someone can keep and get it out and read at any time, especially if they're feeling lonely.

Read a story to/with your family, particularly younger brothers or sisters if your parents are busy.

**Connect**

TT Rockstars

Calculate the amount of ingredients that are required to make half the quantity of muffins using the recipe below.

- <https://www.bbcgoodfood.com/recipes/collection/muffin-recipes>

Convert the amounts from grams to kilo grams.

Complete nuggets set on Century

- Making a phone call to a friend or relative, who you haven't spoken to for a while (always get an adult's permission first).  
**Connect**
- Go for a walk with your family/dog - wrap up warm.
- If the snows still about, maybe go sledging or build a snowman.
- If it's difficult to get out, there's lots of online exercise activities to do:
  - <https://www.youtube.com/watch?v=RzOgo1pTda8> (Joe Wicks)
  - <https://www.youtube.com/user/CosmicKidsYoga>
  - <https://www.youtube.com/watch?v=Oebf3dGGdFg> (Just Dance for Kids) **Active**
- make a card to give to your family. Inside it you could write something positive about each member of your family.
- Give your time to help someone in your home. Is there a job that you could do? For example tidy your bedroom or offer to do the vacuuming
- You could have a clear out of your old clothes and toys. If your parents are happy for you to do so, you could donate them to others who aren't as fortunate as yourself. **Giving**
- Look for amazing things in nature.
- Check what the sky looks like. What do the clouds remind you of? What colour is it?
- Can you find a spider's web? Maybe there's one outside covered in frost or dew. How could you describe it?
- Play a game with your family to see who can hear the most sounds, first inside the house, then outside in the garden.
- Ask everyone in your house how they're feeling today. **Noticing**
- Maybe you could learn to cook something new with your family today.
- It could be that you help an adult prepare the main meal for the day together.
- But as it's Wellbeing Wednesday maybe your parents might help you make a healthy treat.
- <https://www.bbcgoodfood.com/recipes/collection/muffin-recipes>
- <https://www.delicious.com.au/recipes/chewy-oat-raisin-cookies/1p782yui?r=recipes/collections/xhh6dtu9>

# Year 6

Activity 1: 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 2: Go onto Century and complete English nuggets.

Activity 3: Find somewhere cosy and enjoy reading your book.

Activity 1: Spend 10 minutes in TT Rock stars

Activity 2: Plan and budget a party for your family (not the class as on the sheet). Use the year 6 resource sheet to help plan it.

Activity 3: Go onto Century and complete maths nuggets.

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) - complete the following sentences

I am an amazing person.

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: 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 4:(Step to wellbeing: be active)

Have a go at some of the relaxation activities on the year 6 resource sheets