

# **KS 2**

# **Wellbeing Week**



**Broughton Community  
Primary School  
2020**

## Monday

This week we would like to have a whole school focus on Wellbeing. We are setting the same activities for all year groups in the school so that brothers, sisters and others in your house can enjoy these activities together. You can do some of the activities suggested or think of your own. We would love to see what the whole school has been up to this week so please share anything you have done on the school twitter page or Seesaw.

We will be setting a different activity each day to focus on the 5 Ways to Wellbeing.

Today there are some ideas to 'Keep Active'. You could enjoy playing outside in your garden, playing a sport or setting up a circuit or course for you and others in your house to take part in. You could see who can do the most jumps, hops, press ups etc in a given time. Or why not try a workout with Joe Wicks or something more relaxing such as yoga with Cosmic Kids.

You also have an exciting opportunity to compete with students across the globe in an alternative Olympics! Follow the link below to join the Flipgrid student voice games.

Keeping active could just be something simple such as how long can you and others in your house keep a balloon or ball in the air without it touching the ground!

Don't forget we'd love to see what you've been up to on our school Twitter page or Seesaw.

Joe Wicks PE <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Cosmic Kids <https://www.youtube.com/user/CosmicKidsYoga>

The Flip code is svgames to join the grid. This is the link: <https://flipgrid.com/svgames>.

5 Ways to Wellbeing <https://www.youtube.com/watch?v=yF7Ou43Vj6c>

## Tuesday

Today there are some activities to help you 'connect' to others. At the moment we can't see our friends or family members that don't live with us. This might make us feel sad and lonely. Even though we can't meet up with the people we would like to right now we can still find ways to 'Connect' with others. Think of someone you are missing seeing at the moment or someone who you think might be feeling lonely. Below are some ideas of ways you can connect

1. With the permission of an adult phone or video call someone that you haven't spoken to for a while or who would love to hear from you.
2. Make a note, card or postcard that you can post or if local pop through a friend or family members letter box. Tell them something that will make them smile and know you are thinking of them. (Get permission from an adult and remember social distancing rules).
3. Take time to spend quality time and connect with the people in your house, play a game or watch a film or programme together.

Wednesday

Today we are looking at the 'Keep Learning' way to wellbeing. Keeping your mind learning throughout your life helps to give you a good sense of wellbeing. Today learn a new skill, there are some examples below or just learn something you've always wanted to!

Rose Napkins

Make a rose out of a paper napkin.

Video (4 min in length) can be found at:

<https://www.youtube.com/watch?v=-m-CkfjpO-U>

Resources: 2 ply paper napkins

Origami animals and objects

Make origami animals and objects out of paper.

Origami instructions and videos can be found at: <https://origami.me/diagrams/>

Resources: Paper

Sign the alphabet, can you learn to sign your name?

<https://www.youtube.com/watch?v=DgIvXXdwjvw>

Learn to sign a song

<https://www.bbc.co.uk/teach/bring-the-noise/i-am-a-robot-bsl/zfhvvk7/>

We'd love to see your new skill on Twitter or Seesaw.

Thursday

Today we are looking at 'Give'. Giving to others makes us feel good, it doesn't have to cost you anything, you could even just give someone a smile, your time or a kind word.

Why not give someone a simple thank you, put a poster in your window to thank people who may be working to help you or others such as the NHS, the person who delivers your post or other deliveries to your house.

You could make something to give to someone in your house or neighbourhood like a card or a paper rose or an origami animal with a little message (see yesterday's links for instructions). Remember social distancing rules.

If you are allowed, at 8pm stand on your doorstep and **give** your thanks by clapping to the NHS and other people working to help us.

Friday

The last day of our whole school wellbeing week. We hope you have enjoyed the week - Don't stop! Now you've tried activities for each of the 5 ways to wellbeing keep going - it's important to be kind to others and yourself!

Today we have some activities to help you 'Take Notice' and remember or find simple things that can give us joy.

Either in your garden or on your daily walk, take time to 'Notice'. What can you see, feel, hear, smell?

You could:

1. Take some interesting photos of what you can see, you could make a collage on paper or on a photo app such as piccollage.
2. Take some close up photos of things such as flowers, twigs, stones etc.. Can someone else guess what you have photographed?
3. Create a bubble map of what you can see,feel,hear, smell.
4. Or simply just take notice of your breathing with some fun exercises

<https://www.cosmickids.com/five-fun-breathing-practices-for-kids/>