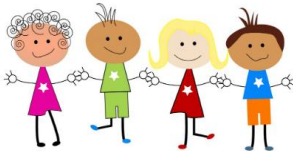




## WHOLE SCHOOL HOME LEARNING PROJECT

<p style="text-align: center;"><b>CONNECT</b></p> <ul style="list-style-type: none"> <li>* Play board or card games with others in your house/group.</li> <li>* 'Travel the World' – visit a different country every day and find out as much as you can! Make something from the country – a flag, some food, a piece of art work.</li> </ul>	<p style="text-align: center;"><b>Health and Wellbeing Week 2020</b></p>  <p><b>Article 24</b> Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.</p>	<p style="text-align: center;"><b>GIVE TO OTHERS</b></p> <ul style="list-style-type: none"> <li>* Write a letter or an email to a friend or family member – ask how they are, share what you have been doing and send them a picture.</li> <li>* Write a compliment list for a friend or someone in your family.</li> </ul>
<p style="text-align: center;"><b>TAKE NOTICE</b></p> <ul style="list-style-type: none"> <li>* Try Yoga <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> <li>* Use the Mindfulness activity cards – which helps you the most?</li> <li>* Find a quiet space and do some mindfulness colouring.</li> <li>* Have a go at the Nature Scavenger Hunt.</li> <li>* Visit the RSPB website and have a go at some of the activities <a href="https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/">https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</a></li> </ul>		<p style="text-align: center;"><b>KEEP LEARNING</b></p> <ul style="list-style-type: none"> <li>* Learn something new!</li> <li>* Have a go at some of the French activities on our website.</li> <li>* Have a go at baking or growing something.</li> <li>* Choose a subject that you are interested in finding more about: research it and present it in any way you like – for example, a poster, a booklet, a Powerpoint, a video.</li> <li>* Carry out one or two of the Lego challenges.</li> </ul>
<p style="text-align: center;"><b>BE ACTIVE</b></p> <ul style="list-style-type: none"> <li>* Take part in Joe Wicks' daily workouts.</li> <li>* Challenge yourself to complete as many of the 'fitness challenges' as you can.</li> <li>* Visit the Mersey Forest website and have a go at some of the activities <a href="https://www.merseyforest.org.uk/things-to-do/children-woodland-play/">https://www.merseyforest.org.uk/things-to-do/children-woodland-play/</a></li> </ul>	<p style="text-align: center;"><b>Work together with your family to complete some of the activities!</b></p> <p style="text-align: center;"><b>Send your photos/videos into school to go on the website – we look forward to seeing them!</b></p>	<p style="text-align: center;"><b>KEEP HEALTHY</b></p> <ul style="list-style-type: none"> <li>* Find out about 'The EatWell Plate' – make a leaflet or a poster about eating healthily.</li> <li>* Design a healthy meal: create the shopping list and work out how much it cost then make it with your family.</li> <li>* Design a school tuck shop – create a survey in class/on Teams to find out what people would like in it.</li> </ul>

## WHOLE SCHOOL HOME LEARNING PROJECT

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# 30 Day Fitness Challenge

<p>Do 10 star jumps.</p> <p><b>Day 1</b></p> 	<p>Hop around like a frog for 20 seconds.</p> <p><b>Day 2</b></p> 	<p>Touch your toes 10 times.</p> <p><b>Day 3</b></p> 	<p>Balance a ball on your head.</p> <p><b>Day 4</b></p> 	<p>Spin in a circle for 10 seconds.</p> <p><b>Day 5</b></p> 
<p>Walk like a crab for 1 minute.</p> <p><b>Day 6</b></p> 	<p>Stretch as high as you can.</p> <p><b>Day 7</b></p> 	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p><b>Day 8</b></p> 	<p>Pick up a ball from floor without using your hands.</p> <p><b>Day 9</b></p> 	<p>Take 10 giant steps.</p> <p><b>Day 10</b></p> 
<p>Balance on one leg for 30 seconds.</p> <p><b>Day 11</b></p> 	<p>Do 6 cartwheels.</p> <p><b>Day 12</b></p> 	<p>Lay on your back and peddle your legs like you are on a bike.</p> <p><b>Day 13</b></p> 	<p>Skip the rope for 1 minute.</p> <p><b>Day 14</b></p> 	<p>Make your own hopscotch. Play it for 1 minute.</p> <p><b>Day 15</b></p> 
<p>Stretch like a cat. Do it 5 times.</p> <p><b>Day 16</b></p> 	<p>Do an egg and spoon race with your sibling.</p> <p><b>Day 17</b></p> 	<p>Dance like a chicken for 1 minute.</p> <p><b>Day 18</b></p> 	<p>Walk backwards 10 steps and then skip back.</p> <p><b>Day 19</b></p> 	<p>Do 10 squats in 30 seconds.</p> <p><b>Day 20</b></p> 
<p>Wiggle like a worm for 20 seconds.</p> <p><b>Day 21</b></p> 	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p><b>Day 22</b></p> 	<p>Tiptoe for 15 seconds.</p> <p><b>Day 23</b></p> 	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p><b>Day 24</b></p> 	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p><b>Day 25</b></p> 
<p>Create your own obstacle course and time yourself doing it!</p> <p><b>Day 26</b></p> 	<p>Do gorilla shuffle for 15 seconds.</p> <p><b>Day 27</b></p> 	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p><b>Day 28</b></p> 	<p>Balance a book on your head for 15 seconds.</p> <p><b>Day 29</b></p> 	<p>Do 10 sit ups in one minute.</p> <p><b>Day 30</b></p> 



## WHOLE SCHOOL HOME LEARNING PROJECT

 <b>LEGO CHALLENGE CALENDAR</b> 						<b>DAY 1</b> Build Your Name or Initials
31 Days of Fun Ideas for Any Month!						
<b>DAY 2</b> Build a Person With Moving Legs and Arms	<b>DAY 3</b> Build a Catapult	<b>DAY 4</b> Build a Robot	<b>DAY 5</b> Build a House That Opens	<b>DAY 6</b> Build a Boat That Floats	<b>DAY 7</b> Build a 100 Brick Tower	
<b>DAY 8</b> Build a Box With a Lid	<b>DAY 9</b> Build a Small World Scene	<b>DAY 10</b> Write a Comic Strip for a Minifigure	<b>DAY 11</b> Build a Model of Your Room	<b>DAY 12</b> Build a Simple Machine	<b>DAY 13</b> Build a Bridge That Can Hold Something Heavy	
<b>DAY 14</b> Build a Favorite Character	<b>DAY 15</b> Make a Mosaic Using Flat Pieces On Baseplate	<b>DAY 16</b> Draw a Design Make it with LEGO Bricks	<b>DAY 17</b> Build Something To Go With A Favorite Book	<b>DAY 18</b> Build a swimming pool for a minifigure	<b>DAY 19</b> Build With Eyes Closed 5 Minutes	
<b>DAY 20</b> Build a Pyramid	<b>DAY 21</b> Build a Marble Run	<b>DAY 22</b> Draw a Play Mat and Add LEGO	<b>DAY 23</b> Learn Paper Football and Build a Goal	<b>DAY 24</b> Have a Minifigure Building Race	<b>DAY 25</b> Build a Marble Maze	
<b>DAY 26</b> Try to Sink a Minifigure	<b>DAY 27</b> Build a Zip Line	<b>DAY 28</b> Make Your Own LEGO Skittles Game	<b>DAY 29</b> Build a Parachute for a Minifigure	<b>DAY 30</b> Build a Car Attach a Marker and Draw!	<b>DAY 31</b> Ask For a Bin of Soapy Water Wash LEGO!	



## WHOLE SCHOOL HOME LEARNING PROJECT

### MINDFULNESS



Activity  
Task Cards

### MINDFUL BREATHING

1. Sitting or standing, place your hands on your belly. Close your eyes, or look down towards your hands.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

#### Guiding Questions

- Can you feel your hands moving?
- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?



## WHOLE SCHOOL HOME LEARNING PROJECT

### PINWHEEL BREATHING

Materials: a pinwheel

1. Sitting or standing, hold your pinwheel in front of you. Focus your attention on it.
2. Take a deep breath in through your nose.
3. Breathe out gently through your mouth and see if you can make your pinwheel spin.
4. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
5. Continue for 2 to 3 minutes or until the teacher says, "Stop".



#### Guiding Questions

- Is the pinwheel moving quickly or slowly?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your mouth?
- Can you hear your breath?
- How does the handle of the pinwheel feel against the skin of your palm?

### BELLY BUDDIES

Materials: small lightweight object such as a soft toy, a small beanbag or a wooden block

1. Lie flat on your back and place the object on top of your belly button. Look down towards your object.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

#### Guiding Questions

- Can you feel the weight of your object on your belly?
- Can you see your object moving?
- What is moving your object? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Can you hear your breath?



## WHOLE SCHOOL HOME LEARNING PROJECT

### SHARK FIN

1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Place the side of your hand on your forehead, with your palm facing out to the side.
3. Slide your hand down your face, in front of your nose.
4. Say "Shhh" as you slide your hand down your face.
5. Complete this once, or repeat 2 to 3 times.



### BREATHING COLOURS



1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Think of a relaxing colour. It can be any colour, as long as it reminds you of relaxing.
3. Now think of a colour that represents stress, sadness or anger.
4. Imagine you are surrounded by the relaxing colour. No longer is the air clear; it is the relaxing colour.
5. Take a deep breath in and imagine breathing in the relaxing colour. Imagine the colour filling your lungs.
6. As you breathe out, imagine that your breath is the colour of stress.
7. See the stress colour mix into the relaxing colour around you. Watch it disappear.
8. Breathe in your relaxing colour. Breathe out your stress colour.
9. Continue for 3 to 5 minutes or until the teacher says, "Stop".

## WHOLE SCHOOL HOME LEARNING PROJECT

### BREATH STAR

1. Spread one hand out like a star.
2. Use the index finger on your other hand to trace the outline of your star hand.
3. Take a deep breath in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand.



### BACK-TO-BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.



#### Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?

## WHOLE SCHOOL HOME LEARNING PROJECT

### BODY SCAN

1. Stand or lie comfortably. Keep your body straight. Be still and silent. Soften your breath. Shut your eyes or look towards your hands or the ceiling.
2. Take three slow, deep breaths in and out.
3. Focus on your feet for 5 to 10 seconds.
  - How does this body part feel?
  - Is it cold or warm?
  - Does it feel tight or relaxed?
  - Is all, or part, of that body part touching the floor?
  - Can you feel any clothing against your skin?
  - What does it feel like?
4. Move your focus to your toes, then your ankles, then your calves and then your knees. Consider the above questions at each 'stop'.



5. Continue, body part by body part, until you reach your head.
6. If you feel any tightness or stress in a particular area, imagine breathing the stress out of that body part with each exhale.

### MINDFUL EATS

Materials: a small piece of allergy-friendly food such as chocolate or fruit

1. Sit straight and still. Close your eyes or look downwards.
2. Take three slow, deep breaths in and out.
3. Hold the food up to your nose and take a deep breath in. Notice the smell and how the smell makes you feel.
4. Take a small bite of the food. Let it sit in your mouth awhile before you swallow it.
5. Notice which muscles in your mouth, neck and body move as you eat.
6. Pause between each bite and notice any changing sensations in your mouth or body.
7. Continue eating your food slowly and mindfully.



#### Guiding Questions

- What is the taste like? Is it sweet or savoury?
- What does the food feel like on your tongue?
- Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
- Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?



## WHOLE SCHOOL HOME LEARNING PROJECT

### MINDFUL STEPS

1. Head outside and find a small area where you can walk in a line for five steps, then turn and walk back again, without interruption. You may like to take off your shoes and socks.
2. Stand still and straight. Take three slow, deep breaths in and out.
3. Take five steps in one direction, walking slowly and noticing how your body moves with each step.
4. Listen to the sounds around you and the sound your feet make on the ground. Try not to change the way you walk, but instead just notice how your body naturally moves.

#### Guiding Questions

- What does the ground feel like under your feet?
- When you take a step, which part of your foot touches the ground first?
- Does your body feel heavy or light today?
- Are you slouching when you walk or is your back up straight?



### MINDFUL SOUNDS

Materials: live or recorded sounds such as a ringing bell, nature sounds or calming music

1. Sit straight and still. Close your eyes and take three deep breaths in and out.
2. When you begin to hear a sound, concentrate on what you can hear.
3. Pay attention to whether you hear it louder in one ear than you do in the other.
4. Keep your eyes closed until the sound is completely gone.
5. If you notice your thoughts wandering, bring your attention back to the sounds you can hear.
6. After you open your eyes, remain silent until you hear a voice again.



#### Teacher Notes

- Students close their eyes while the teacher initiates the sound/s.
- The activity is finished when the sound has completely dissipated.

## WHOLE SCHOOL HOME LEARNING PROJECT

### SUPER SENSES

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out. Then, open your eyes.
3. 'Turn up' your senses to a superhuman level. You will begin to see, hear, smell, taste and feel more than an ordinary human being.
4. Focus on what you can hear. Listen intently to the sounds around you, beyond the space you are sitting in now and out in the wider world.
5. Think about what you can see. Pay attention to tiny details that you may not usually see, like the slightly curled edge of a piece of paper or a speck of dust on a table.
6. What can you taste? Is your mouth dry? Is your tongue relaxed?
7. What can you smell? Is there a strong or subtle smell in the air?



8. Notice what you can feel, such as the weight of your body on the chair, or your feet in your shoes, or the temperature of the air.
9. Keep your super senses switched on until the teacher says, "Stop".

### A MOMENT OF GRATITUDE

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Think of something you feel grateful for today. This is your 'gratitude moment'.
4. Think about how this moment affects your life, or the lives of people around you.
5. Notice how you feel when you think about your 'gratitude moment'.
6. Let the feeling grow bigger, spreading from where it is until it fills your entire body.

#### Suggested Gratitude Prompts

Something that someone else did for you today

A person in your life whom you appreciate

An activity or hobby you are grateful to be able to do

A positive quality of someone who can sometimes be hard to get along with

A skill or ability you have

A part of your body you are grateful for and why

An item that you love

Something that made you laugh

What you have learned from something that was hard.



## WHOLE SCHOOL HOME LEARNING PROJECT

### SENSORY BOTTLE

Materials: a sensory bottle filled with small floating objects or coloured liquid bubbles

1. Shake the bottle well so that its contents are all mixed up.

Imagine that the stirred-up bottle is like your mind when you are feeling stressed, angry or upset. Just like it is hard to see the contents of the bottle clearly, it is hard to think clearly when we are upset.

2. Place the bottle down on a table.

Watch what happens when the bottle is still for a few moments.

Notice how its contents begin to settle and the water clears. Our mind and our feelings work the same way.

When we stop and are still for a little while, hard feelings feel less intense and we can see things more clearly.

Follow the falling objects or coloured bubbles with your eyes until every last one has settled at the bottom of the bottle.



### MINDFUL EXPLORERS

1. Head outside and imagine that you are an explorer in a land where humans have never been before.
2. Remain quiet, calm your thoughts and move slowly while you are exploring.
3. Turn your senses of sight, touch and sound onto high.
4. Search for a natural object or a small creature to examine.

- What does it look like?
- What colour is it?
- What does it smell like?
- Can you touch it safely?
- What does it feel like?
- How does it move?
- What shapes and lines can you see in it?



## WHOLE SCHOOL HOME LEARNING PROJECT

### SENSE COUNTDOWN

1. Sit or stand straight and still. Close your eyes or look downward.
  2. Take three deep breaths in and out.
  3. Open your eyes.
- Notice **five** things you can see.
  - Notice **four** things you can touch.
  - Notice **three** things you can hear.
  - Notice **two** things you can smell.
  - Notice **one** thing you can taste.



### HEARTBEAT

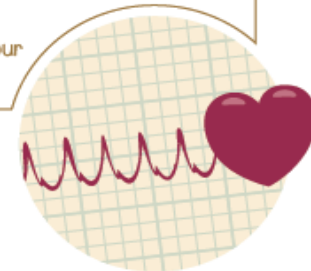
1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat):
  - on the side of your neck, under your jaw
  - inside your wrist
  - over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.

Do you think this feeling is connected to how quickly or slowly your heart is beating?

6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again.

What changes do you notice? Is your heart beating faster or slower than you expected?  
Can you notice any change in your breath?

8. Close your eyes and focus on your heartbeat until it slows down again.





## WHOLE SCHOOL HOME LEARNING PROJECT



**Nature Scavenger Hunt**



1. Something fuzzy
2. Two kinds of seed
3. Two pieces of man-made litter
4. Something straight
5. Something round
6. Something smooth
7. Something rough
8. Two different types of leaves
9. Something that makes a noise
10. A chewed leaf
11. A beautiful rock
12. Something you think is beautiful
13. A pinecone
14. Something green
15. Your favourite stick
16. Something you think is a treasure