



## Whole School Wellbeing Learning Plan Wednesday 27<sup>th</sup> May- Friday 29<sup>th</sup> May 2020

Wednesday 27 <sup>th</sup> May	Thursday 28 <sup>th</sup> May	Friday 29 <sup>th</sup> May
<p><b>1. Connect with other people</b></p> <p>This is really challenging in the current circumstances as we are 'social distancing' and need to physically stay away from people. However, we are in an age of digital connectedness and we can use the internet and phone to keep in touch with each other. We can even invite family and friends to socialise via video apps, including FaceTime, Whatsapp or Zoom.</p> <p><u>Write a list of the people you'd like to make contact with for the next 3 days. We could like this to be your first task every day this week.</u></p> <p>*Ask them how they are            *Share what you have been learning            *Write them letters, or a poem</p>		
<p><b>2. Name Cloud</b></p> <p>Use either your name or your families name to create a Name Cloud describing all the wonderful things about you and your family.</p> 	<p><b>2. Bubble Breathing</b></p> <p>Blowing bubbles is great fun, and it has an added benefit too – the deep breathing required to blow bubbles can help you to relax and feel calm.</p> <p>'Bubble breathing' can even be done without the bubbles, any time you want to feel calm. Simply take a deep breath in through your nose, then breathe out slowly through your mouth with your lips small, as if you were going to blow a bubble. This kind of breathing leaves more room for fresh inhaled air. You can even imagine any worries you might have floating away like bubbles.</p>	<p><b>2. Calm Down Brain Breaks</b></p> <p>These Calm Down Brain Break Breathing Exercise cards can be found on our school website. Here is an example of one.</p> 
<p><b>3. Shadow catching</b></p> <p>Strike a pose and get your partner to draw your shadow shape.</p> <p>Can you describe who you are and write inside your shadow?</p> <p>Do it with the rest of your family and write about one another on the outside of the shadow shape.</p>	<p><b>3. Be Physically Active- Dancing</b></p> <p><u><b>Don't Stop Moving!</b></u>  <u>Have a dance party!</u></p> <p><u>What to do:</u> Take it in turns to pick a song to dance to with your little one - dare we suggest starting with Baby Shark...? Then it's your turn - The Greatest Showman, Madonna, Lionel Ritchie, the choice is yours!</p>	<p><b>3. Family Handprint keepsake.</b></p> <p>*Draw around each member of your families hand and place them on top of each other creating a lovely keepsake.</p> 