



Wellbeing Wednesday 20.04.2020

This week the activity is from the Children's Health Project [Tasty Tuesday](#) materials.



When you need to rest and recover, quick food that is easy to serve, yet nutritious is key...try the recipes for 'Heggy Pots' or 'Power Porridge' with just a few ingredients.

Click here for access to the recipe cards

Your journal question for today is:

Describe the most relaxing meal time - Who are you with? What are you eating? Where are you? What can you see/hear/smell/feel and taste?

Eat well!



Keep Learning!

The personal enrichment sessions are a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest! Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

Learning a language - learn to count to 10 in Spanish. [Click for the lesson.](#)

Writing - start a journal of your 'lockdown experience'.

Reading - take some time to get lost in a book!

Drawing - your eyes are unique. [Follow this link to learn how to draw them perfectly.](#)

Rambling - enjoy walking in nature

Exercise - try out a new way of keeping fit.

Computing - find a simple stop frame animation app to make an animation of The Iron Man falling down the cliff

Gardening - don't have a garden? Open a window and sit close to it. Have a mindful ten minutes focussing on what you hear, smell, feel.

Music - listen to music, or create your own, or even better, take part in [this music lesson!](#)

Should young people **earn pocket money?**

VOTES FOR SCHOOLS KS2

Connect

Give someone a call! Ask your family if you can call a family member or someone from our class. in with them and ask them how they are. Tell them what you've been up to and what you're looking forward to doing the next time you see each other! Hearing each other's voices will make you ALL feel great.

Wellbeing Wednesday This Is Me!

There are two songs this week- our Wellbeing Wednesday song 'This is Me' and ...



Click for the [song](#) and the [activity sheet](#)

...I'm OK!

Promoting self-worth, self-respect and a healthy sense of personal value, this happy-go-lucky song makes no apology for being ourselves.

I'M OK!
By Mark & Holly Johnson

CHALLENGE

SHARE IT

TALK ABOUT

DID YOU KNOW?

"YOU ARE YOU. NOW, ISN'T THAT GREAT?"

