



Wellbeing Wednesday 06.05.2020

This week the activity is from the Children's Health Project is the Movement Monday material

Exercise

## #MOVEMENT-MONDAY



Rest and Recovery today focusses on stretching our muscles and mobilising our joints. Follow the video (linked) to flex and mobilise your body to help with rest and recovery.

**Click here here for access to the video**

<https://youtu.be/qbbwKpwkaWQ>

Your journal question for today is:

How do your body and mind feel after you've stretched your muscles and mobilised your joints?

PE with Joe

This was a fun show- [join in!](#)



Enter this week's debate and take a vote. Send in a comment



**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!

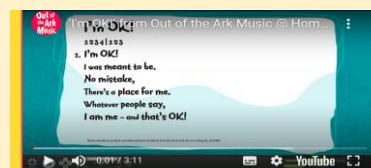
There are two songs this week- our Wellbeing Wednesday song [Water, Food, Rest and Exercise](#)



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.



## 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 – [Introduce yourself in Spanish](#)

Writing – Write a song to exercise to

Reading – take some time to get lost in a book or listen to a story- [Elevenses with David Walliams](#)

Drawing – create a piece of art to go with the Earth Day Challenges

[How to draw a polar bear](#)

Rambling – enjoy walking in nature

Exercise – try out a new way of keeping fit.

Gardening – investigate which plants in the garden attract the most insects

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