



Wellbeing Wednesday 20.05.2020

This Week is National mental Health Awareness Week. The theme is...

Kindness



Random acts of kindness during the coronavirus outbreak

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly or vulnerable - like collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world.

- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Help with a household chore at home
- Tell someone you know that you are proud of them

PE with Joe

20TH MAY



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. Hearing each other's voices will make you ALL feel great.



Wellbeing Wednesday

A Little Bit Of Kindness

This is an infuriatingly catchy song with a slight Latin lilt and an incredibly valuable message: 'what a difference we can make when we brighten someone's day'.



A Little Bit Of Kindness

1. A little bit of kindness in your day
Will bring a lot of happiness your way.
It doesn't take a lot to say, 'Can I help you?'

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

What does it mean to be kind?
[Story](#)



Make an Appreciation Box

First, you need a box. Get creative and make a box that reflects the family! Leave small slips of paper or sticky notes nearby. Family members can use the box to write down positive messages, thank-you notes, or messages of appreciation or encouragement to each other.



Fill in your [calendar](#)

You can open up the box every few days and read all the notes



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 – How to say the date in Spanish <https://www.thenational.academy/year-4/foundation/how-to-say-the-date-in-spanish-year-4-wk4-2>

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

Drawing – Creating and using texture in drawings. <https://www.thenational.academy/year-4/foundation/drawing-skills-how-can-we-use-texture-to-make-our-drawings-more-interesting-year-4-wk5-5>

Rambling – enjoy walking in nature

Exercise – try the NHS Couch to 5K- you'll need to persuade an adult to do it with you!

Birdspotting- use this sheet to help you <https://www.wwt.org.uk/uploads/documents/2020-04-22/wwt-spotter-sheet-garden-birds-1.pdf>

Music and dance- make up a dance to your favourite song or use household implements to