

Discovery

This week we will be focusing on art, in particular sketching.

To begin the lessons please follow this youtube guide, drawing along as the person in the video draws.

<https://www.youtube.com/watch?v=OezMavBqWXc>

Draw along with the instructions to start practising your art.

Now we will practice shading:

Now it's time to practice your shading. Here is a video with multiple techniques. Follow it and create your value scales for the different shading techniques discussed.

<https://www.youtube.com/watch?v=-DDTrpJ4PXg>

Now onto using these techniques to capture light and dark in your sketches.

<https://www.youtube.com/watch?v=12mYmU3DI40>

Use an egg, like the video suggests, to try to capture light and shadow in a drawing.

Now it is your turn to sketch. I want you to draw 5 pictures of objects from around your house, but:

- One has to be related to food
- One has to be found in the bathroom
- One has to be found in the kitchen
- One has to live outdoors
- One has to be something you love

You can only use a normal pencil for these and you should use the techniques we have looked at.

Wellness Wednesday

Below are a list of activities which will help you get the most out of your wellness Wednesday. Try to complete them all.

Physical Activity

<https://www.youtube.com/watch?v=oiTaFviEt74>

<https://www.youtube.com/watch?v=flK2Nasd-AI>

Mental Health

Coping strategies

At times everyone will feel anxious, angry, sad or frustrated and we all need our own strategies to deal with it. Think of 5 strategies you use. My list would probably be:

- go for a run
- read
- have a bath
- Watch or play sport
- Act silly with Ava and Oakley

When you have your 5 strategies try making one of this pinwheels to help you remember them.



The top spins round a reveals the strategies which are writing on the bit of paper at the bottom – two pieces of paper are used.

Acts of Kindness

Create a calendar with acts of kindness you could do on it. As you complete each one colour that square in. It may look something like this:



Family Relationships

These are always important, now maybe more than ever. Your task today children is to write a note to every person in your house hold telling them what you love about them and one thing they are amazing at.