



Wellbeing Wednesday 10.06.2020

My Voice



My Voice Books

What are the best things about learning at home? How good are you at being independent?

Apart from the distance learning, what else are you learning about?

What can we improve?

PE with Joe 8th June



<https://www.thenational.academy/all/pe/pe-with-joe-5th-june-all-wk6-5>



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 – [Saying how you feel in Spanish](#)

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



or start reading [The Ickabog](#)

Drawing – create a piece of art to go with the Wild June activities

Music and dance- make up a dance to your favourite song or take part in [Exploring Emotions in Music](#)

[Try these simple body tests- and try out your reactions](#)



Don't forget Votes for Schools!

Will the recent anti-racism protests lead to change in the US? Enter this week's debate and send in a comment. The link is on your distance learning page on the website

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.

Even better- surprise them by designing and sending a postcard.



Wellbeing Wednesday

Join The Song

An action-packed, challenge-filled song, sure to bring lots of giggles and fun as you sing and try to complete all the challenges set.



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

