



# Wellbeing Wednesday 17.06.2020

My Voice



Write your thoughts in your journals, calling it a My Voice page.

This week is REFUGEE WEEK. Miss Dubben and I would like to invite you to a whole class teams call at 2.30 this afternoon to share a story and a poem related to Refugee Week.

Before that, you can watch this article on Newsround <https://www.bbc.co.uk/newsround/52924615>

PE with Joe 17th June

P.E. with Joe



<https://classroom.thenational.academy/pe/pe-with-joe-or-9th-june>

Don't forget Votes for Schools!

Do we appreciate uniqueness:



Enter this week's debate and send in a comment. The link is on your distance learning page on the website

Have a fun day- find 3 jokes and test them out!

## Wellbeing Wednesday

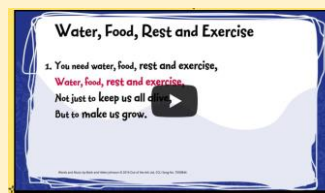
### Water, Food, Rest And Exercise

A very catchy, simple song looking at the critical ingredients for physical and emotional growth. Easy to remember with lots to explore.

Learn to sign this song with our signing video and then teach someone else how to sign the words for water, food, rest and exercise!



[View the signing video](#)



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

## 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.



## 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 where you live in Spanish](#)

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



[Or learn to recite a poem](#)



or start reading [The Ickabog](#)

Drawing – create a piece of art to go with the Wild June activities or prepare for...



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

