

Discovery

This week we will be focusing on wellness, art and crafts. There are a selection of activities for you to try.

Art

ORIGAMI CREATURE BOOKMARK

You will need:

A square piece of paper.

Googly eyes – if you don't have you can draw crazy eyes.

Craft supplies to decorate.



Steps:

1. Fold the square piece of paper corner-to-corner to make a triangle.
2. Then take the bottom left and bottom right corner and fold them over to the middle.
3. Next, take a flap from the top of the triangle and fold it down towards the base, tucking the folded left and right corners underneath.
4. Finally, it's time to decorate. Use some googly eyes, pens, crayons and other supplies to create your very own origami creature bookmark.

Make Marbled Paper with Foam

Make swirly patterned prints using multisensory shaving foam



The steps for this can be found here - <https://www.tate.org.uk/kids/make/paint-draw/make-marbled-paper-foam>

If you like these there is a selection of further art activities which can be found here - <https://www.tate.org.uk/kids/make>

Wellness

To start getting ready for High School and any worries you may have head over to this website to find out more about the transition:

<https://www.bbc.co.uk/bitesize/articles/zj2grj6>

On a blank piece of A4 paper write down all the words, feelings and emotions you think are associated with mental health. Alternatively, you may prefer to draw or make a collage from magazine and newspaper cuttings. Now do the same but fill your piece with things which you think represent you. This can be a word bank, a collage, use drawings or be a combination of all three. Finally, do this one more time with how you think other people see you.

Compare these last two and write down any differences. Why do you think the differences exist?

Why not try this wellbeing activity calendar. How many can you complete?

<https://youngminds.org.uk/resources/school-resources/wellbeing-activity-calendar-and-games/>