

Discovery

This week's discovery work will have a focus on art and in particular two artists – Pablo Picasso and Henri Matisse. Both are famous and renowned artists with distinctive styles and your first job is to produce a complete fact file about **both** artists. This should include information about their lives and the key events of them (including their childhoods), an exploration of their art and the impact it had and any other interesting relevant information you can find. You can present this in any way you like.

Once you have completed the fact file your task is to produce an imitation of one of their pieces of art. Pick your favourite work from both artists and produce a replica of them in your distance learning books.

These tasks should take up all of your Discovery lessons this week.

Wellness Wednesday

Below are a list of activities to be completed as a part of Wellness Wednesday.

Physical Activity

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

<https://youtu.be/vMMRb10LtGM>

Mental Health

This week we are going to focus on the good/positive qualities people can have. First of all complete the following task:

- Make a list of words which describe good qualities people can have.
- From this list highlight which of these qualities you have – if you feel uncomfortable doing this ask someone in your family to help (they know you best.)
- Write a short description of yourself (about half a page) with the qualities you have chooses. Be sure to give examples of when you have shown these qualities.

Family Relationship

Today I want you to think about the people you live with and spend every day with. Think of one thing you could do or say to make them smile, feel better about themselves or help them in any way.

Once you have thought of one I want you to do that activity and then write it down, along with a description of what it was, how it made them feel and how it made you feel.