



Wellbeing Wednesday 08.07.2020

My Voice



Watch Mr. Steward's Assembly at 9.15a.m. This week it is about Gratitude.

What is in the news this week? What interests you? What would you like to find out more about? Watch [Newsround](#)

Later in the week you could take part in the [Quiz of the Week!](#)

PE with Joe

P.E. with Joe



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRf6rYQ>

Don't forget Votes for Schools!

Are conspiracy theories more dangerous than we realise?

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!

I've got one for you...

Teacher: You missed school yesterday, didn't you?

Student: Not really.

Connect

Let's have a quick class call today at 2.30p.m. I will send the link at 2.00p.m – if you don't get it, email me at maple@newvalleyprimary.com

Have your best joke ready to share!

Practise your times tables- we are going to have a tables rally!

Also, let me know what you think about the Brain Buster quiz I did for your remote learning.

Wellbeing Wednesday

Count Your Blessings

A fun song with a positive reminder to be grateful for what we have. Written in a Caribbean style with a definite lilt!
Count your blessings, name them one by one.



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



Q: Why did the teacher wear sunglasses?
A: Because his class was so bright!

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! Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

Learning a language – [to be able to name family members and pets in Spanish](#)

Reading – take some time to get lost in a book or listen to a story- [Elevenses with David Walliams](#) or learn to draw Matilda on the [Roald Dahl site](#)

Have a look at the [Art Club](#) on Oak Academy Trust- try out an activity like rangoli elephants or windy whirlers

Or, in keeping with this week's theme, go on a... Gratitude walk

Take a gratitude walk around school/ neighbourhood. Try to observe using all of our different senses, for example; what can we hear, see, smell, and feel. Try to think of the things we might take for granted or not typically notice or appreciate.

The make up an abecedarius poem of all these things and more!