Health and Wellbeing

Mild	Spicy	Hot

Journal/Diary Entry – How do you feel about school being closed this week?

Diary Sentence Starters Draw where you are, who is with you, what you are doing and when you are doing it. **Sentence starters** It is _____ (day of the week) It is _____ (weather) I feel _____ because _____ I think _____ **Remember** Seat Pencil grip Finger spaces Sound it out, have a go at trying to spell the word using your sounds before asking for help	**Paragraph Starter** I didn't have to get dressed for school this week instead I _____ This feels _____ because _____ I wonder _____ **Remember** Where When Who What Why	**Journal Reflection Starters** Please remember your journal is for you. It can be very helpful to take time to think and write about your feelings when there is a significant change in your life. This week has been very different. Take time to write about what you are feeling and why you think you are feeling like that. Can you compare this experience to anything similar? You could write about how this significant change is affecting your family. **On reflection** – write about what you might do differently or hope to do next week.

Mindfulness – Colouring and Doodling

Draw a large egg shape in your journal. Fill the egg shape with different patterns. Zig zags, waves, circles, lines and your own patterns. Enjoy colouring in your amazing egg!	Johanna Basford is a very successful Aberdeenshire artist. She has shared some images for you to **download and colour**. The hare is amazing. Take a look and download a design to colour in. If you can't print maybe you could photograph on a device and mark up to colour in.	Look closely at how Johanna has used flowers, leaves and ferns to create the hare. **Can you create a mindfulness design of a spring creature for others to colour in?** You could photograph your design and share this with your teacher via Glow from your document store.

Grow **R**espect **E**xperience **A**chieve **T**ogether