

## Health and Wellbeing 4-15<sup>th</sup> May

Mild	Spicy	Hot
<p><b>Wellbeing words, wander and wonder in the wild.</b></p> <p><b>Words</b> Read this poem with your family. How does it make you feel? <a href="https://blogs.glowscotland.org.uk/as/public/methlickspring/uploads/sites/2993/2020/04/29160832/DandelionPoster_original.pdf">https://blogs.glowscotland.org.uk/as/public/methlickspring/uploads/sites/2993/2020/04/29160832/DandelionPoster_original.pdf</a></p> <p><b>Wander</b> Can you go on a dandelion hunt? How many can you spot? Watch and see who visits, sniffs, lands on the dandelions.</p> <p><b>Wonder</b> Why do you think they land on the dandelions? Wonder at the beauty of the dandelions. In the poem they are called a 'Little sun of the grass'. What would you call them?</p> <p><b>Wellbeing</b> Some children at a school started a 'Pollinator Promise' <a href="https://www.opalexplornature.org/polli-promise">https://www.opalexplornature.org/polli-promise</a> Can you discover what a pollinator is? Do you think you could take part? Would you be able to find a way to ask others to take part?</p> <p><b>Wow!</b> Could you design a badge that we could use on the blog to encourage others to keep dandelions and grow more pollinators?</p>	<p><b>Be a wildlife detective</b></p> <p>During your daily activity can you spot signs of wildlife? Can you gather evidence of it? Take photos to include in your work.</p> <p>Have a read of these ideas from the RSPB: <a href="https://www.rspb.org.uk/globalassets/downloads/wildchallenge/activity-sheets/english/770-0214-18-19-wild-challenge_nature-detective_ss.pdf">https://www.rspb.org.uk/globalassets/downloads/wildchallenge/activity-sheets/english/770-0214-18-19-wild-challenge_nature-detective_ss.pdf</a></p> <p>See if you can identify which animal you might have spotted signs of. Use your evidence to write a report on the animal you identified.</p> <p><b>Make an animal tracker</b></p> <p>If you want to take this activity further you could try making an animal tracker to see if anything visits your garden. See the link below. <a href="https://www.rspb.org.uk/fun-and-learning-for-families/family-wild-challenge/activities/tracks-and-signs/?channel=paidsearch&amp;qclid=EAlaIqObChMI-OzysqON6QIVRNTeCh3IJAX3EAMYASAAEgK2ZPD_BwE">https://www.rspb.org.uk/fun-and-learning-for-families/family-wild-challenge/activities/tracks-and-signs/?channel=paidsearch&amp;qclid=EAlaIqObChMI-OzysqON6QIVRNTeCh3IJAX3EAMYASAAEgK2ZPD_BwE</a></p>	<p><b>Young reporter</b></p> <p>Complete the 'Stay at Home' challenge set by Eco-Schools Scotland. Use the image below or click on the link - <a href="https://twitter.com/EcoSchoolsScot/status/1243487945102888960">https://twitter.com/EcoSchoolsScot/status/1243487945102888960</a></p> <p>Answer the questions provided and create a presentation of your choosing – Sway, PowerPoint, poster or video. Take photographs of your work and send them to Young Reporters Scotland.</p> <p>Your work may be published and shared around the world with other young people, so remember to ask for permission and consider internet safety with the content you include.</p> <div data-bbox="1442 823 2033 1294" data-label="Image"> <p style="text-align: center;"><b>Young Reporters Scotland</b></p> <p>What is like to #stayhome? Does it make us more "environmentally friendly"?</p> <p>Could social isolation and quarantine be an exercise of sustainability? And solidarity?</p> <p>How does it change our behaviour regarding the consumption of water, waste, energy, food, etc? What are the impacts of teleworking or reduced travel on CO2 levels?</p> <p>What is it's impact on the circular economy beyond the global economy?</p> <p style="text-align: center;"><b>WHAT WILL CHANGE IN OUR WAY OF BEING AND LIVING AFTER THE PANDEMIC?</b></p> </div>

## Food Technology

### Host a meat free meal/night

Have you thought about eating less meat to slow down climate change/help the environment/eat healthily? Try and plan one meal that is meat free as an alternative to your usual meal.

Can you make a menu or write the recipe used?

Link it to the report section in the literacy grid and write a report on why this is a positive activity.

Some useful information and ideas can be found here.

<https://www.meatfreemondays.com/schools/>

Don't forget to share your photos with your teacher and write your recipe and report in your Home Learning Journal or on a computer if you have access.