**Home Learning Activities P6**

Here is a selection of activities which reinforce Health & Well-Being and Arts and Crafts tasks.

|  |  |  |
| --- | --- | --- |
| **HIIT**  You can do either Joe Wicks PE on YouTube in the morning  Or  Complete the attached ‘Alphabet Workout’ doing 1 a day for a week. | **Pobble 25 Ideas**  Choose one of the 25 non-screen activities on the attached Pobble sheet. | **Mental Well-being**  Try some Cosmic Kids Yoga on YouTube  <https://www.youtube.com/user/CosmicKidsYoga/videos>  Or  Try and learn some Tai Chi!  <https://www.youtube.com/watch?v=YMVg5diOiMs>  or some Meditation:  <https://www.youtube.com/channel/UCfD6_TOQXwPmamZd0nEN8sg/videos> |
| **Try Some STEM tasks**  Using the link below, find some Science tasks to try at home!  [https://www.stem.org.uk/resources/stem-clubs/search?f[]=field\_subject:67&f[]=field\_age\_range:75&f[]=field\_level:4](https://www.stem.org.uk/resources/stem-clubs/search?f%5b%5d=field_subject:67&f%5b%5d=field_age_range:75&f%5b%5d=field_level:4) | **Complete the 31 Day Lego Challenge**  If you can, start your 31 day Lego Challenge using the grid attached.  Try to be creative and take a picture of your creation to post to SeeSaw! | **Make a Volcano!**  We had a lot of fun making earthquakes, so let’s see who can make a working volcano!  Lots of different versions available for you to choose depending on what resources you have available.  [https://www.google.com/search?q=how+to+create+a+working+volcano+model&tbm=isch&ved=2ahUKEwjDw9rLv\_noAhUQdRQKHcMbCr4Q2-cCegQIABAA&oq=how+to+create+a+working+volcano+model&gs\_lcp=CgNpbWcQA1CIa1j4e2CyhQFoAXAAeACAAUKIAfoDkgEBOZgBAKABAaoBC2d3cy13aXotaW1n&sclie](https://www.google.com/search?q=how+to+create+a+working+volcano+model&tbm=isch&ved=2ahUKEwjDw9rLv_noAhUQdRQKHcMbCr4Q2-cCegQIABAA&oq=how+to+create+a+working+volcano+model&gs_lcp=CgNpbWcQA1CIa1j4e2CyhQFoAXAAeACAAUKIAfoDkgEBOZgBAKABAaoBC2d3cy13aXotaW1n&sclient=img&ei=7uOeXsOUIZDqUcO3qPAL&client=safari) |