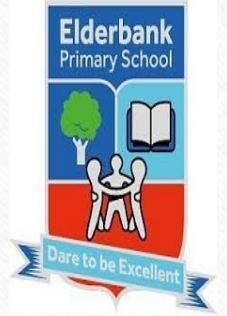




Welcome to Elderbank Primary's “Thankful Thursdays”



We know that the home learning and lockdown has been a challenging time for our families and school staff. Balancing work, childcare and other family commitments can be demanding. Home learning/working has caused us all to spend a lot more time in front of screens and let's not mention the rocketing stress levels when the technology refuses to work!

Thankful Thursday is a day where no additional home learning tasks will be posted for your child. A day where we acknowledge the need for everyone to get some high quality together time away from our computer screens. We need to ensure that our own wellbeing and stress levels are kept in check so that we can continue to nurture the young people in our care.

Each Wednesday afternoon the school will post 15 exciting and fun family activities. These progress from a rating of 1 to 3 chilies as they become more taxing and you engage with them as a family. We encourage you to get outdoors! We don't expect every activity to be completed. Remember you could link some challenges. Just remember to follow covid guidelines and stay safe !

Pupils in school will also experience these activities. All school staff will be encouraged to take time away from screens and complete some challenges. We hope that these tasks will highlight the importance of family time and reflect the school's commitment to everyone's wellbeing and mental health.

We hope that you recognise the importance of quality family time and choose to join us on Screen Free Thursdays.

We hope you take this opportunity to be thankful for family and enjoy time without the pressure of being online.

Please send us some photographs of family activities on Friday morning.

Thankful Thursdays

15 Family Activities focusing on *off-line* learning.



Put on some fast paced music you like. Carry out 20 Jumping Jacks.
Jump/twist for 30 seconds (we do this at the start of all our warm ups- see any video).
Spend 1 minute going up and down your stairs- if you don't have stairs, climb up an imaginary ladder for 1 minute.

Put on some fast paced music you like. Carry out 30 Jumping Jacks.
Jump/twist for 60 seconds (we do this at the start of all our warm ups- see any video).
Spend 90 seconds going up and down your stairs- if you don't have stairs, climb up an imaginary ladder for 90 seconds.

Put on some fast paced music you like. Carry out 40 Jumping Jacks.
Jump/twist for 90 seconds (Spend 2 minutes going up and down your stairs- if you don't have stairs, climb up an imaginary ladder for 2 minutes).

Name 3 different emotions. Now go on a scavenger hunt. Can you find something that makes you feel happy, grumpy? Draw what you find.

Draw 5 emoji's. Now go on a scavenger hunt. What can you find that represents these emotions for you.

Draw or photograph the items you find.

Make a list of 10 different emotions. Now go on a scavenger hunt. Can you find an item for each emotion? Draw or photograph the items you find.

Trace the fingers on your hand slowly. Now do the same again on the other hand.

Find a quiet space. Close your eyes and sit in silence for 2 minutes. Time it. Pay attention to the sounds you hear.

Find a quiet space. Focus on your breath for 5 minutes Time it. Breathe in the colour blue, breathe out the colour red.

Enjoy the view from your window. What can you see? Everybody's home will have a different view !

What can you see? Perhaps cars , people or wildlife. Draw something you can see from your window. Count how many you see over 20 minutes.

Try and use this information to make a simple bar graph.

Recycling by Design – Be helpful and sort out what rubbish can be recycled. Help put this in the correct bin.

Use coloured pencils to sketch and draw a poster to encourage others to recycle. Why do you think this is important?

Make a sculpture using some recycled cardboard boxes.

Please upload a photograph of your families Thursday activities

to gw09bighamailsa@ea.n-ayrshire.sch.uk