



Hello,

The following activities are fun, creative and can be done with family and friends.

There are Health & Wellbeing, Topic and Outdoor Learning activities

There is no set order for these activities, nor is there any expectation to complete them all.

If the children do complete any of these activities - or any other activities you may be doing with them - it would be great to see what they have been doing.

You can email me scans, photographs or even videos at:

gw20mcnabandrew@glow.sch.uk

Thank you!

Mr McNab

Health and Wellbeing

Here are a few activities to support you and your family's Health and Wellbeing.

You should encourage someone at home to join in with you!

Mindfulness Breathing Task

Breathing tasks help us to relax and recharge our batteries (our brains!). Find a comfortable place to try this task. You can even ask someone at home to join in with you!

Brain Break Breathing

Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.





Name 5 Things Game

Board games and card games are a good way to relax with your family. They encourage us to spend time together and share fun experiences. Try to play the following game with your family. You could play independently or form teams. Have fun!

Use the cards below to set each other challenges. You/Your team have 1 minute to try and name all 5 items on the card that your opponents have selected for you. As soon as someone reads out the category, the timer begins! You can guess as many times as you can inside the time to try and guess the 5 on the card. After 1 minute count how many you guessed from the card and add them to your score. The player/team with the highest score at the end of the game wins.

You can print the cards from the next page, keep them on your screen (but hide them from your opponents) or copy them into paper. You could also make up your own challenge cards!

Name 5 Things Cards

Name 5 things
you see at the
play park

slide

swings

roundabout

climbing

frame

monkey bars

Name 5 things
that can fly

aeroplane

fly

butterfly

bird

kite

Name 5 things
you see at the

beach

shells

seaweed

sand

jellyfish

bucket

Name 5 things
that are red

ketchup

post box

tomatoes

fire engine

strawberries

Name 5 fruits

apple

banana

orange

grapes

peach

Name 5 fast
food

restaurants

McDonalds

KFC

Burger King

Pizza Hut

Subway

The Sunflower Life Cycle

This week we are looking at the life cycle of the sunflower! Below are some nice activities you can complete with your family!

Growing a Sunflower

If possible, try to grow your own sunflower at home. Supermarkets usually start to sell seeds at this time of year and they don't tend to cost a lot of money. Everyone in your home could grow their own sunflower and you can compare the growth and final size of each one. You can check your sunflower every day and take a photo or draw a picture to record its growth. When it is taller you could use a ruler to measure it!

How to grow a SUNFLOWER

You will need...



INSTRUCTIONS

1 Put some damp soil in a plant pot so that it comes almost to the top.

2 Poke your finger in the soil to make a hole for your seed.

5 When the seedlings appear (usually about 1 or 2 weeks) you can take your plant pot outside to enjoy even more.

Your plants should flower after about 8 weeks.

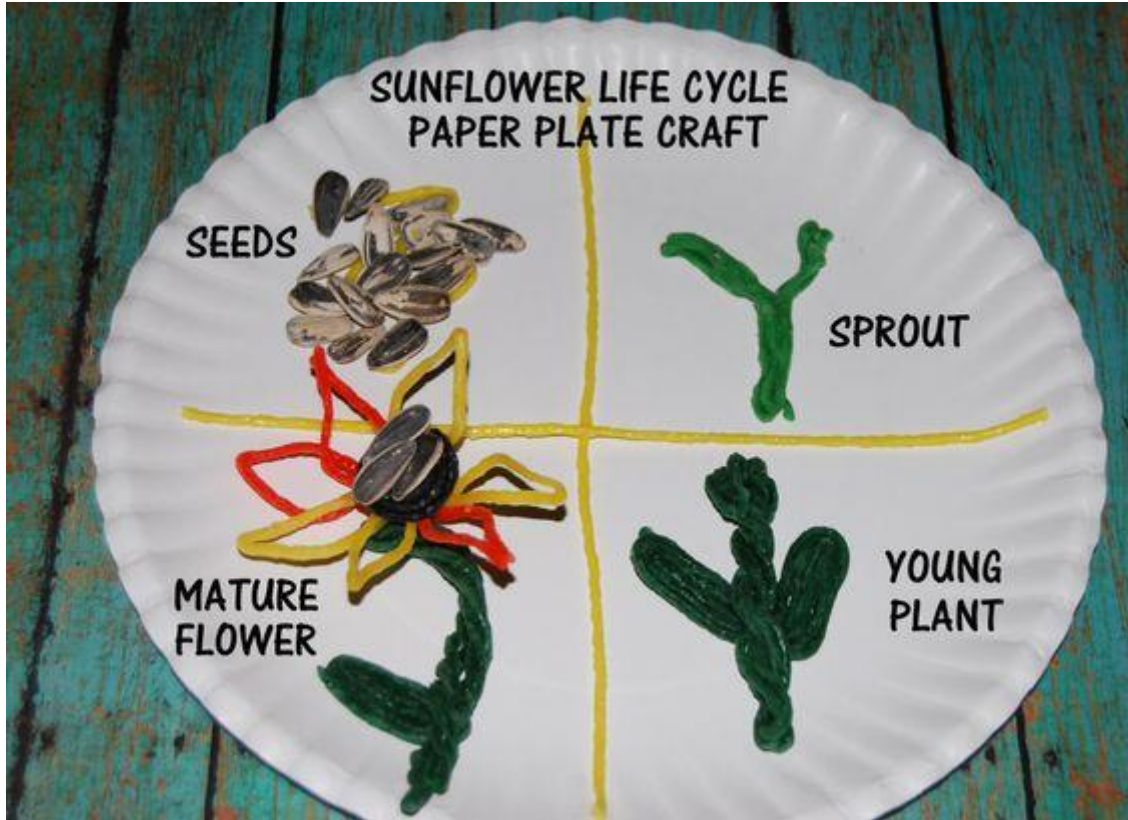
3 Pop your seed in the hole and cover with soil and give it a little water.

4 Place on a windowsill and water whenever the soil feels dry.



Life Cycle Diagram

With your family, create a visual representation of the sunflower life cycle. You could create a poster, a PowerPoint or use an art craft to show this cycle. Be creative!!

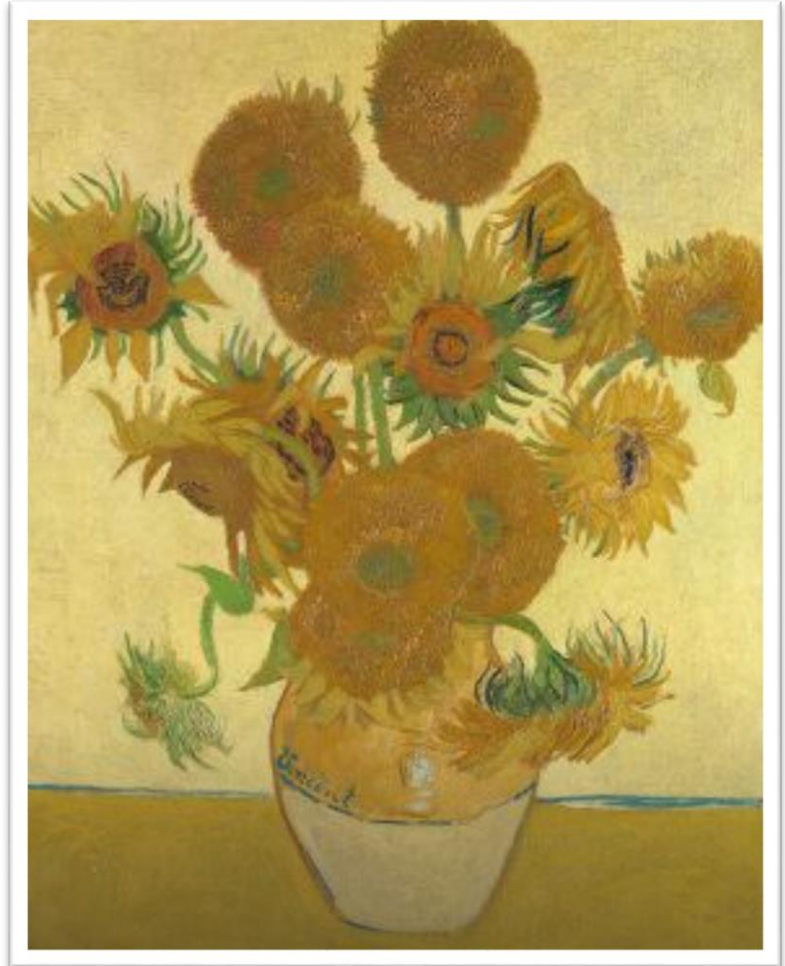


Art

Vincent Van Gogh was a famous painter who loved to paint the things around him. One of his most famous paintings is *Sunflowers*.

You can use this link to see the painting in more detail

<https://www.nationalgallery.org.uk/paintings/vincent-van-gogh-sunflowers>



Activity: With your family recreate this famous painting. You can create one piece of art together or separate ones. You could use paints, make your work 3D or use junk materials. Be creative!



Outdoor Learning

Spending time outdoors is good for our health and wellbeing. Here are two different activities you can all do together! Be safe!

Activity 1

Go on a minibeast hunt in your garden, or when you are out for a walk. You could take photos of the minibeasts you find and use them to help you create an information poster. You could also draw the creatures, name them and write about them.



Activity 2

Can you create a spring time picture using natural materials? You could collect items from your garden or on your walk. Remember not to pick wild flowers!

Your artwork could be anything spring related! You can take your materials inside to make your picture or if the weather is nice you could go outside and then leave your art work somewhere that people could see it. If you leave it outside remember to take a photo in case it rains or blows away!

