



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 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

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



A decorative border of small, stylized suns with yellow faces and orange rays, arranged in a rectangular frame around the page.

Charades

Try to play the following game with your family. You could play independently or in teams. Have fun!

How to play:

- Use the word cards on the following page or create your own. Cut them out and fold them up individually. Place them in a bowl or box.
- Each player will pick a card and then act out the word/action on the card for 60 seconds. The other players need to guess the word on the card. The player who guesses correctly gets a point.
- When you are acting out the word/action you are not allowed to talk or write.
- Each player will take a turn until the cards have finished.
- At the end of the game the player with the most points wins!

The words cards for this game are all activities (verbs/doing words). Next time you could use TV shows, movies or books.



Charades

Swimming	Eating breakfast	Riding a bike	Walking a dog
Eating spaghetti	Watching TV	Washing the dishes	Getting dressed
Mopping the floor	Brushing your teeth	Driving a car	Painting your nails
Playing golf	Flying a kite	Painting	Phoning a friend

Oak Tree Life Cycle

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

Finding an Oak Tree

Next time you are out a walk see if you can find an oak tree.

Was it a tall tree? Did you see any acorns growing?



If possible, take a photo of yourself with the oak tree.

Why not try to take a photo of the oak tree's leaves and use the photo to draw and paint/colour your own leaf.

If you are not able to find an oak tree, use the pictures above to help you create a leaf!

Life Cycle Diagram

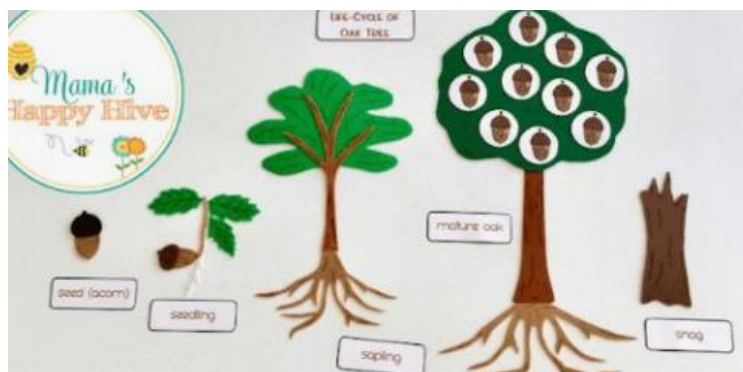
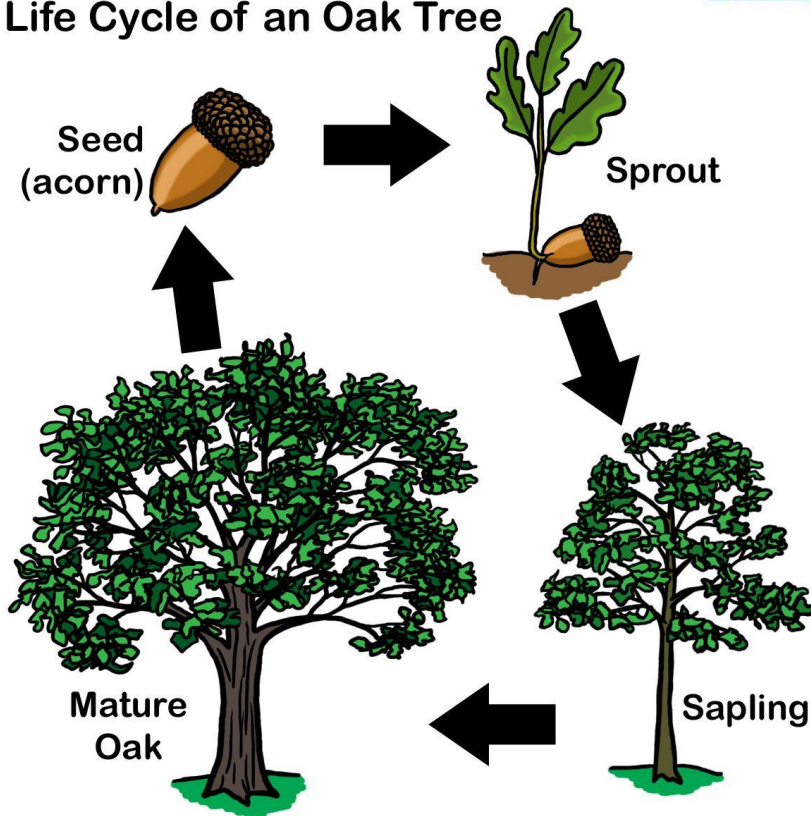
Watch these videos with your family and try to create the life cycle of the oak tree in a fun way.

[Oak Tree Facts](#)

[The Acorn and the Oak Tree](#)



Life Cycle of an Oak Tree



Art

When you are out for a walk count how many rainbows you see in people's windows or painted on the ground. These rainbows are to celebrate the efforts of our key workers and to remind everyone to stay positive, to stay safe and to stay home!

People across the UK have been finding fun and creative ways to display a rainbow.



Activity: With your family, create your own rainbow in a fun way. Be creative and please share your work! I know some of you might have already created a rainbow but the more the merrier when it comes to cheering people up and giving them hope.



Outdoor Learning

Spending time outdoors is good for our health and wellbeing! It is important to keep active and exercise regularly!

Let's Get Active

With your family try to create a short exercise routine to complete next time you are outside. Practice your routine and try to record it. You could film your routine or write instructions using pictures and text.

Please share your ideas!

