



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](mailto: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

#### Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



## Yoga

Doing yoga is a great way to relax and stretch your muscles. Try some of these moves with your family!

Yoga Cards

### Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

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- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



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Yoga Cards

### Tree Pose - Vriksasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

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- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



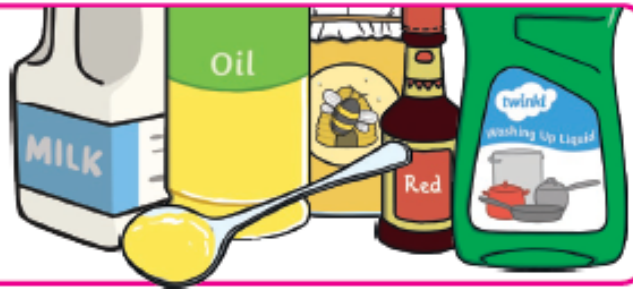
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# Science Experiment

## Fun with Density

### You Will Need

- Honey
- Milk
- Water
- A Glass
- Vegetable oil\*
- Food colourings
- Golden syrup
- Washing up liquid



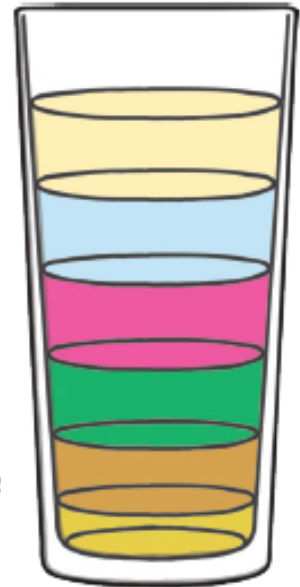
\* Please dispose of oil safely and responsibly.

**Density** is a really tough concept to grasp. We confuse ourselves by referring to our weight all the time when we really mean our **mass**. **Mass** is effectively 'how much stuff' is there. **Density** is how much mass is in a volume (or space).

One way to illustrate density is to pour different liquids (which have different densities) on top of each other. The liquids with the greatest density sink to the bottom.

### Method

- 1 Measure out the same volume of each of the liquids. Colour the water and the milk if you wish.
- 2 Starting from the bottom, pour in the honey. Make sure it goes into the middle of the glass and that you don't get any honey on the sides.
- 3 Slowly pour the golden syrup on top, followed by the washing up liquid.
- 4 Then add the milk, followed by the water.
- 5 Finally top with vegetable oil and admire your rainbow glass!



### The Science Bit

Each of the liquids have a different mass of molecules or different numbers of parts squashed into the same volume of liquid, this makes them have different densities and therefore one can sit on top of the other – the more dense a liquid is the heavier it is.

Do you think you could float small objects on each of the different levels? We'd love to see a photo if you can.

## Nessie Art

As part of your Literacy this week you have been learning about the Loch Ness Monster. Why not try some of the crafts below! Please share your creations!

### Nessie Puppet

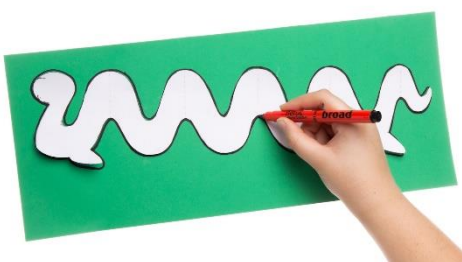


#### What You Need:

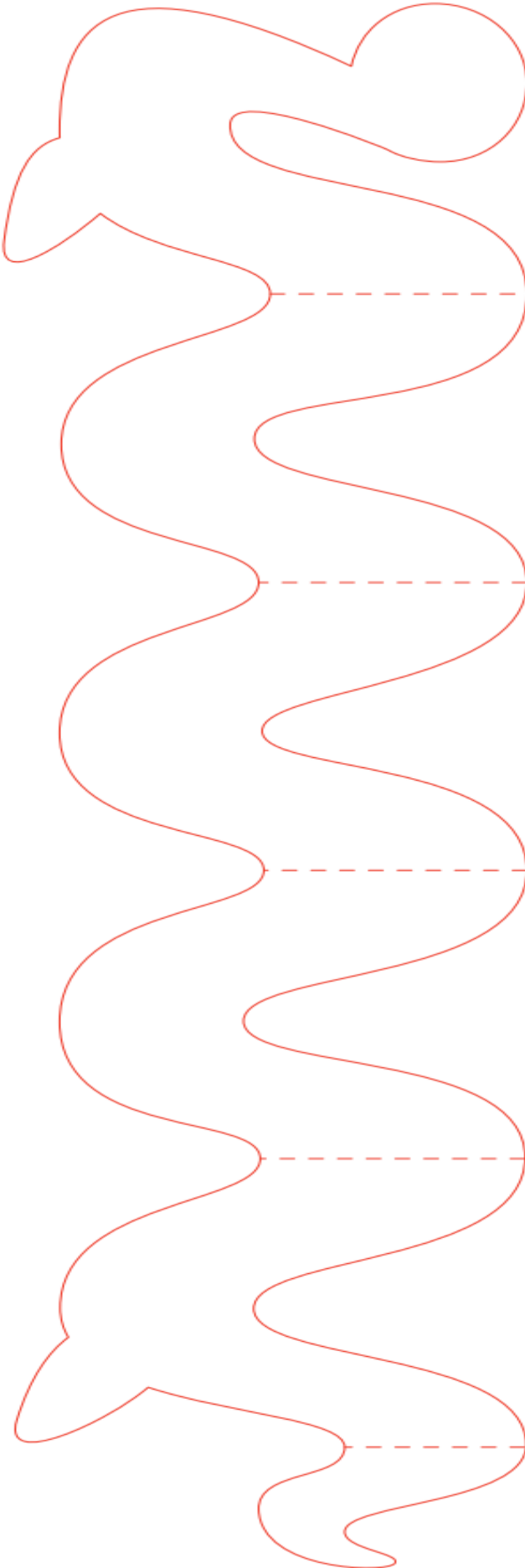
- Coloured card or paper
- Items to decorate your Nessie
- Ice lolly sticks
- A pencil
- Colouring pencils/pens
- Scissors
- PVA glue
- Nessie template

#### How to make:

1. Cut out the Loch Ness monster template. Trace the template onto green card and cut it out. If you don't have coloured card you can use white paper and colour it green
2. Flip over the cut-out Loch Ness monster puppet body so that any trace lines are on the back of the puppet.
3. Squeeze a small amount of PVA glue onto the end of an ice-lolly stick and press it to the body. Repeat this so that you have two long sticks and leave to dry.
4. Once the glue has dried use different materials to decorate the body. Remember to include eyes and a mouth.



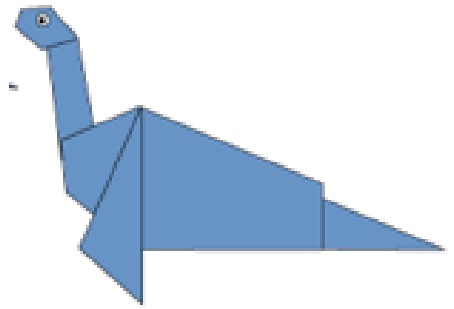
Nessie Template



# Nessie Origami

## What You Need:

- Square piece of paper
- Resilience



**1** Fold in half to make a crease and fold back

**2** Fold in the dotted lines to meet the center line

**3** Fold in the dotted lines to meet the center line

**4** Open the pockets from ↙

**5** And flatten them

**6** Fold in half

**7** turn over

**8** Fold in the dotted line

**9** Pocket fold in the dotted line

**10** Fold inside in the dotted line

**11** Hood fold

**12** Fold backward

**13** Fold inside in the dotted lines

**14** Draw eyes and finished

# Outdoor Learning

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

## Aeroplane Races

Make an aeroplane using paper. Take them with you on your next walk and throw them. Whose aeroplane went the furthest?

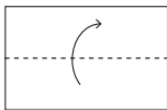
Did the wind affect your aeroplane's flight?  
Why not try to make a different type of paper aeroplane. Did this one fly better?

1



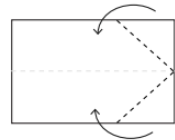
You will need a piece of A4-sized paper.

2



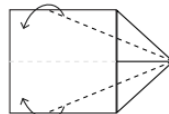
Make a line in the centre by folding the paper in half longways then opening it out flat.

3



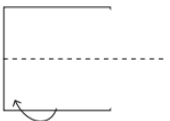
Fold in two of the corners so they meet at the centre fold.

4



Fold the outer edges in again to meet at the centre fold.

5



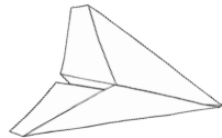
Turn the paper over and then fold it in half in the middle.

6



Fold down the wings on each side so that they meet with the bottom of the plane.

7



Your plane is ready to fly! How far can you make it go?

## Let's Get Active

Next time you are in your garden or out for a walk try to alternate the way you move. You could jog, march, skip or run. Why not create a sequence of different moves (e.g. run for 10 seconds, skip for 10 seconds then march for 10 seconds)  
Were you tired after your sequence?

