



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

Butterfly Breaths



Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

Yoga

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

Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1** Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2** Inhale, and lift your arms parallel to floor.
- 3** Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4** Keep your torso tall, turn your head, and look out over your fingertips.
- 5** Inhale, straighten your legs and lower your arms. Repeat on opposite side.



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Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1** Stand tall with your weight balanced evenly on your feet.
- 2** Firm your thigh muscles and pull in your tummy.
- 3** Press your shoulders back and hold your arms out straight, a little way from your body.
- 4** Breathe deeply and hold as long as needed (at least two long breaths).



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Science Experiment: Floating Paperclip

YOU WILL NEED:

- Clean dry paper clips
- Tissue paper
- A bowl of water
- Pencil with eraser

WHAT TO DO

1. Fill the bowl with water
2. Try to make the paper clip float...not much luck, huh?
3. Tear a piece of tissue paper about half the size of a dollar bill
4. GENTLY drop the tissue flat onto the surface of the water
5. GENTLY place a dry paper clip flat onto the tissue (try not to touch the water or the tissue)
6. Use the eraser end of the pencil to carefully poke the tissue (not the paper clip) until the tissue sinks. With some luck, the paper clip will float!

HOW DOES IT WORK?

How is this possible? With a little thing we scientists call **SURFACE TENSION**. Basically it means that there is a sort of skin on the surface of water where the water molecules hold on tight together. If the conditions are right, they can hold tight enough to support your paper clip. The paperclip is not truly floating, it is being held up by the surface tension. Many insects, such as water striders, use this "skin" to walk across the surface of a stream.





Headlines!

The local newspaper is preparing their next issue but the photographer has lost his camera! Can you help create a photo for one of the following headlines?

You can get the whole family involved to make props, dress up and get creative! Then, strike a pose that brings your chosen headline to life. Please share your photos!

Bananaman Rescued from Roundabout

Cheeky Seagull Nabs Crisps

Why the Chicken Crossed the Road

Teddy Bears Picnic in Woods

Traffic Jam in Banton

Outdoor Learning

Spending time outdoors is good for our health and wellbeing!

It is important to keep active and exercise regularly!

Cloud Pictures!

One of the best ways to use your imagination is to look at a cloud and imagine what kind of animal or person it looks like. I'm sure you've done this before.

Next time when there is a bright and cloudy day use your imagination to find shapes in the sky.

You can draw what you see, list things or just talk about them!



Let's Get Active!

Next time you are in your garden or out for a walk try to jog for 30 seconds, run for 30 seconds then skip for 30 seconds (no skipping ropes required).

Take your pulse before you start and then once you have finished:

1. Find your heartbeat on your neck or wrist. It feels like a little tap.



2. Count the number of beats/taps you feel for 60 seconds before you exercise and then after. Was it the same? Or more? Or less?



Now try to do each exercise for 1 minute.

How did you feel this time?