



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



Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and 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!

Zebra Pose

Cat Cow Pose: Marjaryasana Bitilasana



Benefits	Stretches torso and neck, gently massages spine and internal organs.
1	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3	Exhale, round your back towards the ceiling, and look at your belly.
4	Repeat.

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Lion Pose

Simhasana



Benefits	Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.
1	Start on your knees, then sit back onto your heels.
2	Spread your fingers out and press your palms into your knees.
3	Take a deep breath in through your nose.
4	Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth with a silent "ROAR".
5	Repeat a few times.

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Baking

June is National Candy Month in the UK, yummy!

Why not try to create some of the sweet treats below?

1. Tablet

Ingredients

175g unsalted butter

450g caster sugar

75g sweetened condensed milk



1. Line a 22 x 18cm tray with baking parchment. Put the butter and 150ml water in a pan over a low heat, and melt the butter (don't let the water boil). Tip in the sugar and dissolve, stirring often.
2. Bring the water to the boil, turn down to a simmer, then add the condensed milk. The mixture will be a light creamy colour.
3. Cook for 20-30 mins, stirring often, until the mixture is thick and a deep caramel colour.
4. To test, drop a little mixture onto a cold side plate, it should not run and should be thick and sticky after 30 seconds. Remove from the heat and beat for 10-15 mins until it has slightly thickened. Pour into the prepared tin and leave to cool for 30 mins before cutting into squares.

2. Rocky Road

Ingredients

200g digestive biscuits (Rich Tea can also be used)

135g butter or margarine

200g dark chocolate (70% cocoa works best)

2-3 tbsp golden syrup

100g mini marshmallows (chopped regular marshmallows work too)

icing sugar, to dust

Optional (up to 100g)

raisins, dried cranberries or any dried fruit

nuts

popcorn

honeycomb, broken into pieces



Method

1. Grease and line an 18cm square brownie tin with baking paper.
2. Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps. Set aside.
3. In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.
4. Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients (dried fruit, nuts, popcorn, honeycomb), if you like, and stir into the chocolate mixture until everything is completely covered.
5. Tip the mixture into the lined baking tin, and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

Art

Below are two fun art tasks to share with someone at home!

Family Tree

Create a Family Tree to display in your home. You could use paint, colouring pencils, pictures and real photos! Be creative!



Family Portraits

As a family, sketch each other's portrait using pencil and paper. You could use a photograph to help you. Remember to include details - eye lashes, eyebrows, freckles, etc.



Outdoor Learning

Spending time outdoors is good for our health and wellbeing!

It is important to keep active and exercise regularly!

Chalk Fun

If you have some chalk you could use it to do some of the following activities outside:

1. Chalk Outlines

Ask a member of your family to cast a shadow on the ground and use your chalk to trace around it. You could even ask a family member to lie down on the ground so you can draw the outline of their body, and then decorate it!



2. Chalk Games

Use chalk to draw out hopscotch! Throw a stone and then hop, hop hop!



Games

Next time you are out in the garden or visiting a green space try to play some of the following games:

Eye Spy
Simon Says
Tig



Can you invent your own outdoor game?