



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 breath 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!





## Oil Spill Experiment

An **oil spill** is when seawater becomes contaminated with oil. This can be an accident or human error. **Oil spills** can be massively damaging to marine wildlife.

### You Will Need:

Clear plastic container

Cotton wool

Tray

Cotton buds

Vegetable oil

Paper towel

Spoon or pipette

Sponge

Water



### Step 1 - Add Oil to Water

Half fill the clear container with water. Drop a small amount of oil into the water.

The oil will float on top of the water. Even if you shake the container (cover it first) the oil and water will separate again.

Use a cotton bud to move the oil around surface of the water.

### Step 2 - Oil Clean Up

Pour enough water into the tray so the surface is completely covered and the tray is about half full.

Carefully drop two tablespoons of oil onto the surface of the water.

Experiment with the **absorbent materials** to discover which cleans up the oil spill the best.

### Oil Spill Challenges

Try to build something to contain the oil to one area of the tray.

Try the experiment again, but this time use the same amount of each absorbing material and collect the oil for the same amount of time. Which material absorbs the oil the most effectively?

# Ocean Art

9<sup>th</sup> June is World Ocean Day! This day is used to highlight the importance of protecting the oceans and water sources on Earth.

This week pick some of the following tasks to do as a family to celebrate our oceans!

## **1. Ocean Diorama:**

Use recyclable materials to create your own ocean! You could use an old shoebox or cereal box. Try to include some of the creatures you might find in the ocean!



## **2. Floating Jellyfish:**

Use recyclable materials to create your own jellyfish! You could use a paper plate for the body and strips from a plastic bag for the tentacles. Be creative!



# Outdoor Learning

## **Let's Get Active!**

Next time you are in your garden or in a green space try to play the following game.

### Under the Sea

Jog on the spot and when one of the following creatures is called out you have to move like them.

**Shark** - Run around in a circle and make your hands into a fin shape on your head!



**Octopus**- Move from side to side waving and wiggling your arms up and down!



**Crab** - Walk from side to side in a zigzag with your hands up in the air and your legs bent out to the side!



**Dolphin** - Stretch out your arms and join your hands together above your head to make a hump shape. Jump up and down on the spot!



*Can you create any other creatures? Please share your ideas!*