



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

#### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



# Yoga

Yoga Cards

## Snake

Locust Pose/Snake Pose: Salabhasana

**Benefits** Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.

- 1 Begin by lying on your tummy. Exhale, and lift your head, upper torso off the floor.
- 2 Gaze forward or slightly upward.
- 3 Hold this position, then release.



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

Yoga Cards

## Tortoise

Happy Baby Pose - Ananda Balasana

**Benefits** Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly, and hold onto your feet.
- 3 Allow your body to gently rock side to side.



Yoga Cards

## Frog

Frog Pose - Ardha Bhekasana

**Benefits** Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



## Reflection

It is now the time of year we look back at our learning journeys and start to look forward to our new adventures!

Try to complete one of the tasks below!

## Memory Collage

Create a collage of the main things that happened in school this Academic Year! You should include writing and pictures! You can use craft items to stick on!



## Vision Board

Create a vision board of the things you are looking forward to in the next Academic Year! You could also include the things you are looking forward to doing after the current restrictions are lifted. Include writing and pictures. You could complete this task on an ipad, tablet or laptop. Be

creative!



# 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 am 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 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?

