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:

gw18shawmelissa@glow.sch.uk

Thank you!

*Miss Shaw*

**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!

**Yoga**

Doing yoga is a great way to relax and stretch your muscles.

Try some of these moves with your family!

A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated

**Get Active**

Have a go at these games the next time you are out walking! Get a family member to join in!

A screenshot of a cell phone

Description automatically generated

**Art**

**Roll and Draw Monsters**

Roll the dice to know what type of body to draw.

Roll the dice to know what type of eyes and nose to draw.

Roll the dice to know what type of mouth to draw.

Roll the dice to know what type of hair to draw.

Give your monster a name and colour it in!

A screenshot of a cell phone

Description automatically generated