

Health and Wellbeing Week

WB 8th February 2021





The Timetable

YOU HAVE WORKED SO HARD OVER REMOTE LEARNING AND WE ARE SO INCREDIBLY PROUD OF YOU. REMEMBER TO LOOK AFTER YOURSELF!

Each day has a specific theme relating to your Health and Wellbeing. We have daily recorded inputs from a specialist and activities around these themes.

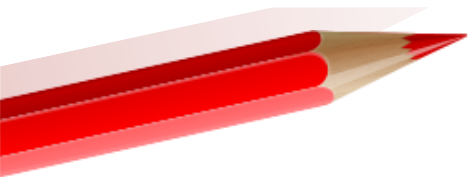


CLICK HERE

Gardenrose Primary Health and Wellbeing Week Week beginning: 8.2.21			
	Video Input and Special Guests:	Health and Wellbeing Task	Family Challenge
Mindset Monday 8 th February	Special Guest Video: MAC Mindset Ltd Pupil Input and Parents and Teachers Input	Growth Mindset Challenge Quote poster – Design a growth mindset quote poster and post a photo. Play charades with your family – use your growth mindset to keep guessing!	Family Challenge Most Steps Challenge Throughout the week challenge yourself to move. There will be a prize for infants and upper for pupils with the most steps.
Healthy Tuesday 9 th February	Video: Variety of Healthy Recipe Videos to follow	Healthy Challenge Follow the healthy recipe and post a photo. Write or record a food review on your creation	Family Challenge Wash the dishes after enjoying your healthy snack.
Wellbeing Wednesday 10 th February	Special Guest Video: Courtney Fisher Yoga and Mental Health	Wellbeing Challenge Best Part of Me – Self-esteem Paper Chain Challenge Mirror, Mirror on the Wall	Family Challenge Guided Meditation and play a board game to relax
Thoughtful Thursday 11 th February	Special Guest Video: Rebecca Johnston Physical Activity and the importance of being active.	Memories Jar Find a jar and start to fill it with funny or happy memories throughout the week. At the end of the year you can open the jar and look back on these days.	Family Challenge Write a letter to someone that you are grateful for and say thank you!
Feel Good Friday 12 th February	Special Guest Video: Linzi Noble Importance of Mental Health	D I S C O Have a family party, put on your favourite songs and have a dance around the house. You could follow a just dance or try some karaoke videos on You Tube.	Family Challenge Write a shopping list for movie night treats – include something healthy. Organise a family movie night and enjoy a film together!



Message from Mrs Morrison



CLICK HERE





MON	TUE	WED	THURS	FRI	SAT	SUN
Fitness Class 	PE with Mr Crookston	Club Session	PE with Mr Crookston	Sports Challenge	Local Walk	Cycle 
Fitness Class	PE with Mr Crookston	Club Session 	PE with Mr Crookston	Sports Challenge	Local Walk	Cycle
Fitness Class	PE with Mr Crookston	Club Session	PE with Mr Crookston	Sports Challenge 	Local Walk	Cycle
Fitness Class	PE with Mr Crookston 	Club Session	PE with Mr Crookston	Sports Challenge	Local Walk	Cycle
Fitness Class	PE with Mr Crookston					

Remember to check out and get involved in South Ayrshire Council's 30 Days of Activity!



CONTENTS FOR THE WELLBEING PDF

A little contents page too help you navigate through our wellbeing PDF:

Pages 1-3 – Introduction, Timetable & Message from Mrs Morrison

Page 5 – South Ayrshire's 30 days of Activity

Pages 6-13 – **Mindful Monday**, Activities & Family Challenge

Pages 14-18 – **Healthy Tuesday**, Activities & Family Challenge

Pages 19-23 – **Wellbeing Wednesday**, Activities & Family Challenge

Pages 24-26 – **Thoughtful Thursday**, Activities & Family Challenge

Pages 27-29 – **Feel Good Friday**, Activities & Family Challenge

Pages 30-32 – Extra Wellbeing Activities



Mindful Monday

Pupil Input

We are very lucky to have John from Mac Mindset Ltd talking us through the importance of having a growth mindset and developing resilience in our everyday lives.

<https://www.macmindset.co.uk/>



CLICK HERE



Mindful Monday

Parent/Teacher Input

We are very lucky to have John from Mac Mindset Ltd. The children have been amazing adapting to the changes we have faced this past year. It is a very stressful time. Please remember to look after yourselves too!

<https://www.macmindset.co.uk/>



CLICK HERE



GROWTH MINDSET



A **growth mindset** is the belief that intelligence improves through study and practice. **Children** with a **growth mindset** tend to see challenges as opportunities to **grow** because they understand that they can improve their abilities by pushing themselves. If something is hard, they understand it will push them to get better.



Click the picture above to take you to a YouTube video to explain Growth Mindset more.



GROWTH MINDSET CHALLENGE

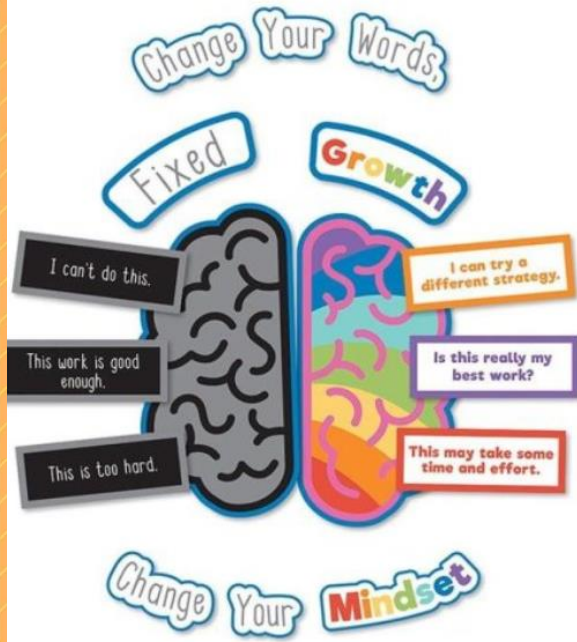
Get super creative and design your very own Growth Mindset Poster!

Feel free to use colouring pencils, pens, crayons, paint (ask first!), technologies to create your poster.

Here are some posters to give you some ideas:

Accomplish BIG Things With a **GROWTH MINDSET!**
Success Begins With Believing You Can

Instead of Thinking...	Think This...
I can't do it.	I'm still learning. I'll keep trying!
I'm not good at this.	What can I learn to get better at this?
It's good enough.	Is this the best I can do?
It's too hard.	With more practice it will get easier!
I'm afraid of making a mistake.	Mistakes are how I learn & get better!
They are better at it than I am.	What can I learn from them?
I don't know how.	I can learn how!
I can't make this any better.	I can always find ways to improve!
I don't like challenges.	Challenges make me better!
I give up.	I'll try a different way!



MISTAKES
are
PROOF
...that you are
TRYING

What is your **MINDSET?**

FIXED

- I'm not good at this.
- I can't make this any better.
- I just can't do math.
- I give up.
- I'll never be that smart.
- I made a mistake.
- I'm awesome at this.
- I just can't do reading.

GROWTH

- I'm going to figure it out!
- I'm going to train by brain to learn.
- I'll keep trying!
- I use some strategies I've learned!
- Mistakes help me to learn.
- What am I missing?
- I'm on the right track!

YOU
have only
Failed
if YOU have
Given UP

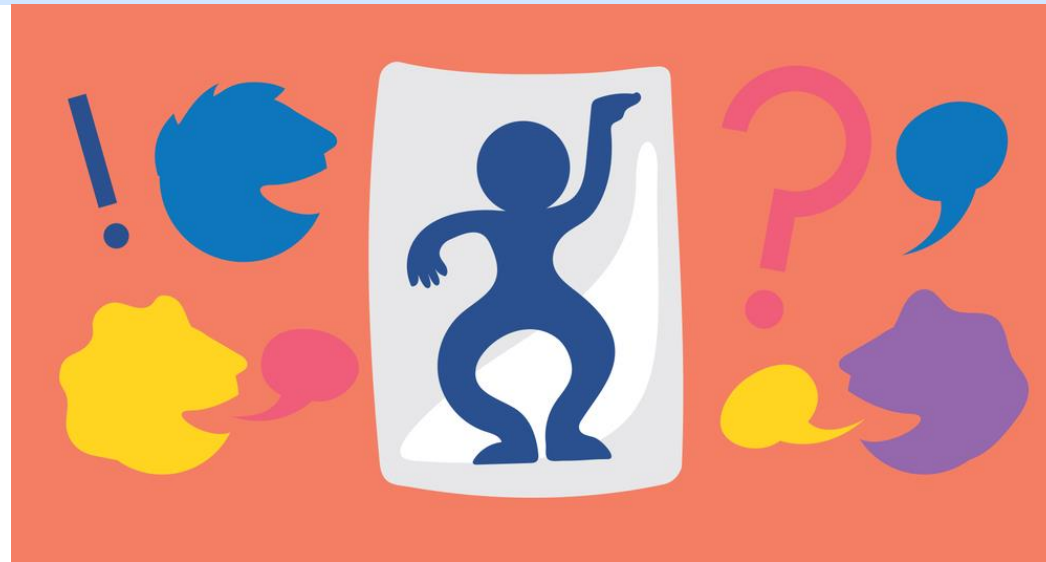


GROWTH MINDSET CHALLENGE

Time to get your acting skills at the ready!
With your family or friends, play a game of:

charades

Remember, do not give up if you do not guess correctly!
Use your growth mindset to keep guessing!



Need some ideas? Look no further!
<https://kidactivities.net/charades-ideas-for-kids/>



GROWTH MINDSET OPTIONAL ACTIVITIES

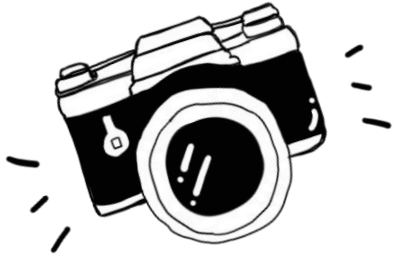
Watch the lovely, Award Winning 3D Short Film 'Soar' and choose an activity to complete!

Activities can be adapted for all ages and stages!



1. The title of this film is 'Soar'. Can you think of synonyms for this word? Would any of them make a better film title in your opinion?
2. Look at the first frame of the animation. Predict what you think may happen in the rest of the film.
3. Retell the story from the point of view of Mara (the girl) or Lucas (the pilot).
4. Draw a picture of your favourite part of the film. Describe why this is your favourite part (verbally or write it down).

5. Pause the video at different points (e.g. 0:15, 0:28, 0:50, 1:15, 1:44, 2:29, 3:51, 4:35) and think of some speech / thought bubbles for the characters.
6. Pause the video when the small bag lands on the table. Write an alternative ending from this point. What is in the bag? Who does it belong to?
7. Turn the story into a playscript, adding narration, stage directions and speech for the characters.
8. Create a persuasive poster to advertise this movie.
9. Make a set of instructions to teach others how to make a paper aeroplane.



FAMILY CHALLENGE

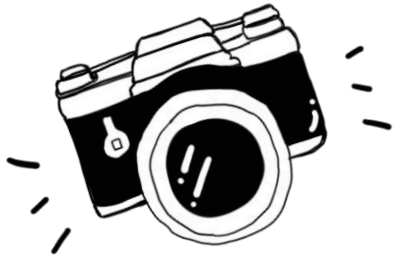
MOST STEPS CHALLENGE!



How many steps can you get in this week (Monday-Friday)?
Using a Fitbit, Apple watch or smart phone App tracker to track your steps each day. We'd love to see pictures of the evidence of your walks! Be sure to fill in your step tracker to keep yourselves accountable too!

Get the whole family involved too!

Please ensure you are always safe on your walks and being sensible when crossing roads.



FAMILY CHALLENGE

MOST STEPS CHALLENGE!

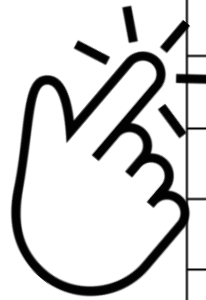


Click to be taken to the PDF to download/print. This will allow you to fill it in daily.

You can edit this digitally or print it off to edit. Feel free to create your own tracker if you're unable to use this.

Get the whole family involved in this challenge that will run throughout the course of this week. How many steps can you get in between Monday-Friday?

Remember to take pictures along the way and send in daily evidence to support the table below. Try to beat your step count everyday!



Name	Class
Day	Daily Steps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekly Step Total	

Once you have calculated your weekly steps send this and your photographic evidence to Miss Jones at: rhianne.jones@south-ayrshire.gov.uk so the overall winner can be calculated.



Healthy Tuesday

Recipes

Cooking is a fantastic way to look after your wellbeing. Of course the healthier the meal the better it is for your body. But it's not always about just being super healthy. Knowing what's in your food is important and what better way to know this, than cooking fresh!

Cooking is also a fun way of getting the whole family involved.



CLICK HERE



Healthy Tuesday

Mrs Briggs' Easy Peasy Muffins

- 250g plain flour
- 100g castor sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 175ml milk
- 75ml vegetable oil
- 1 egg
- 125g choc chips or blueberries
- 3tbsp sugar for sprinkling



CLICK HERE

Education Links to Cooking:

- Time
- Measurement
- Reading a recipe
- Following instructions
- Review writing
- Descriptive language

MORE DELICIOUS RECIPES

Click the worksheets, to take you the PDF recipes to download.
Youtube link available below.



Fruitylicious Apple & Berry Bars



Video available:

<https://youtu.be/HlkrSMV13do>



Veggie Fruity Burgers



Video available:

<https://youtu.be/1SG6w3RVg1U>



Chunky Chicken and Potato Soup



Video available:

https://youtu.be/cZIS1_RgGZO

For more recipes and ideas visit: <https://www.nutrition.org.uk/healthyliving/hew/cookingsessions.html>





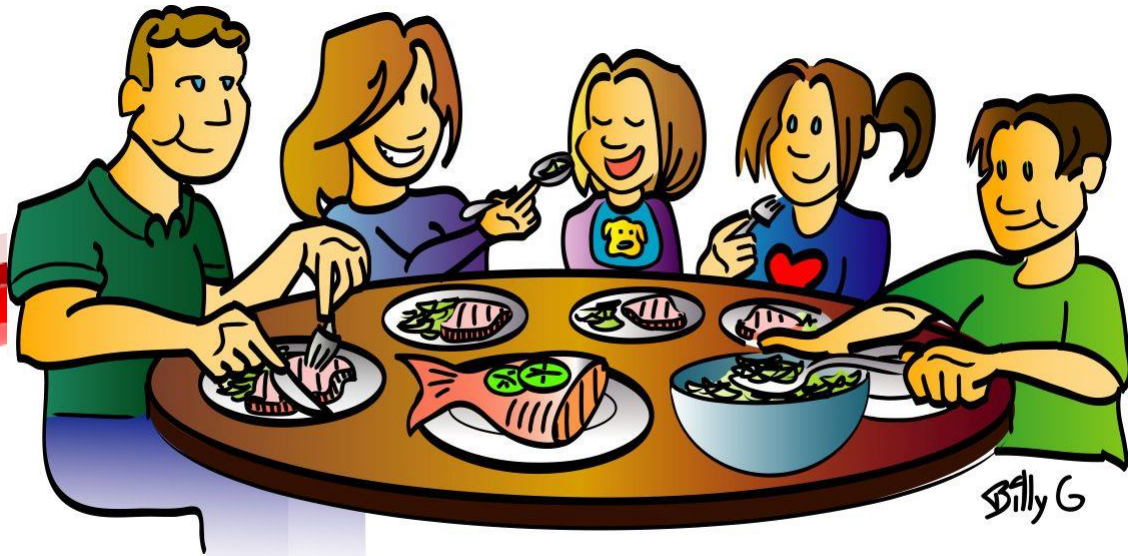
REVIEW TIME

Write or voice record a food review on the food you have created. Or a review on another meal you have recently tried.

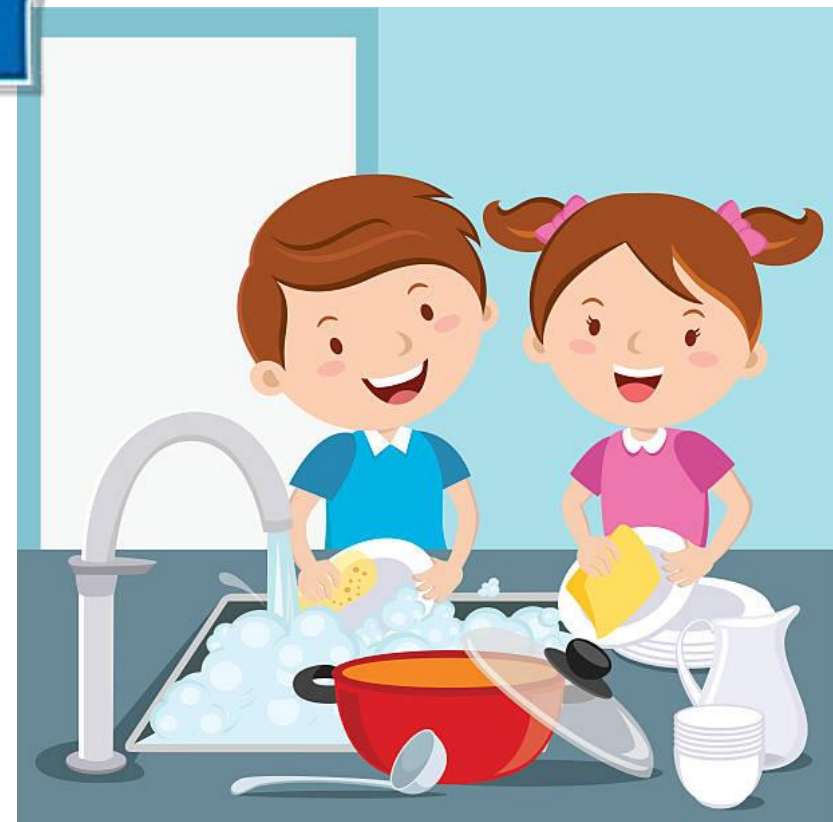




FAMILY CHALLENGE



Have dinner altogether as a family. Put the phones and devices away.



Wash up after cooking today! OR Wash up after your dinner!



Wellbeing Wednesday

Yoga and Mental Health

We are very lucky to have Courtney from Wisdom Within You taking us through a yoga routine and discussing the importance of looking after our Mental Health.

Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves stress; relaxes the mind; centres attention; and sharpens concentration.

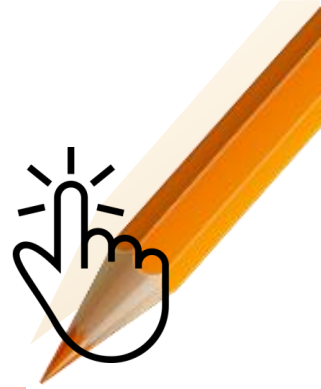


CLICK HERE



YOGA

Why not try out a little yoga just now?



Cosmic Yoga is suited to EYC-P3/P4.

Yoga with Adriene is suited to P4 onwards.





BEST PART OF ME

Click the worksheets, to take you the PDF file to download/print.

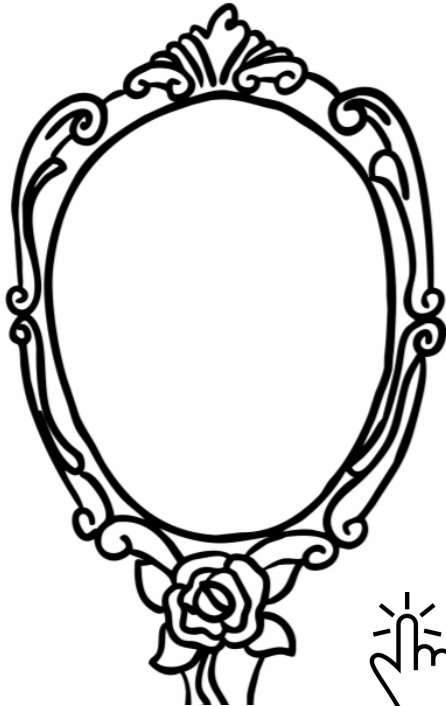


You are all unique and amazing. We should celebrate our differences as it's what makes us, US! We all have special, positive qualities. It's important to pay attention to these positives and not focus on negatives. YOU ARE INCREDIBLE.

Things I Like About Me

Mirror, mirror on the wall, who's the nicest child of all?

Can you write or draw as many things as you can that you like about yourself. For example, you might write: I like my hair, or I like my brown eyes, or I am funny.



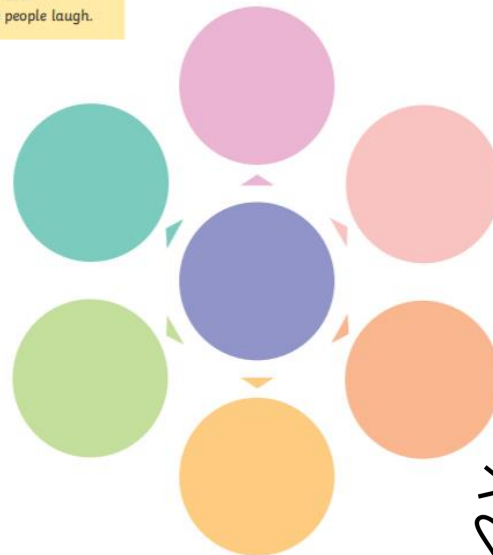
What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below? There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though. Write all those wonderful qualities down and be proud of who you are!

Examples:
I am honest.
I am brave.
I make people laugh.



Hands-On Activity to Identify Your Child's Strengths

Ready to start identifying your child's strengths? All you need to get started are some markers or crayons, scissors and tape.

Step 1



Ask your child to choose a color for each group of strengths listed on these worksheets. The color-coding can help you and your child see his biggest areas of strength. As you and your child read through the worksheets, have him color the individual strengths using their group color. Use the blank spaces on the last page to write in additional strengths.

Step 2



Cut out the strengths that apply to your child. Or you and your child can pick out a set number of things he's strongest at. That approach may be especially helpful if you do the activity with more than one child and want to avoid making it a competition. Be sure to print out a set of worksheets for each child—they may share many of the same strengths!

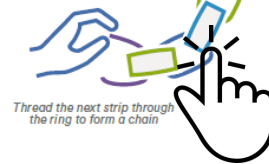
Step 3



Use tape to make a paper chain out of the individual strengths. You can hang the chain on the wall and keep adding to it as your child gains new skills.



Curl ends up and tape together



Thread the next strip through the ring to form a chain

Personal Acrostic Poem

Create an acrostic poem about YOU!
Think about all the things you are good at, like
about yourself and enjoy.
Here are some examples...



Carla

C is for Creative, always a joy
A is for Adventurous and sparkling curiosity
R is for Resourceful, nothing is impossible
L is for Laughter, like an angel's song.
A is for Active, cheerful and bright



Has a heart that's made of gold
Ancient mysteries she will unfold
Neat & organized, she'll clean your home
Nice and sweet she's like a honeycomb
Always wants something shiny and new
Happy often, seldom blue



FAMILY CHALLENGE

Guided Meditation



There are many Peace Out: Guided Meditations videos for Kids, browse away. More suitable for EYC-P3

Meditation in adults and children before bedtime has proven to improve sleep quality.




There are many New Horizon - Meditation & Sleep stories videos, browse away. All ages and stages.



FAMILY CHALLENGE

Play a relaxing Board Game



Choose a favourite board or card game to play with someone.

If you don't have a board game or cards, why not create one?

Who am I? is a great guessing game where players use yes or no questions to guess the identity of a famous person. Questions are based upon the traits and characteristics of a person everyone will be able to identify.



Thoughtful Thursday

Physical Wellbeing

We are lucky enough to have Rebecca from RJ Fitness taking us through a workout today. It's vitally important we are keeping our bodies active! Get moving as much as you can, walk, dance, jog, have fun!

BUT MOVE!



CLICK HERE



Memories Jar!

Go on a hunt for a spare jar you can use
(always ask before taking one)!
Get creative and decorate your jar!

Try to think back to the start of this year,
write a different memory that has made
you happy from each week. Doesn't matter
how big or small. If you can't remember –
don't worry, just write a memory from
today or this week!

Keep this going all year! Write one
memory from the week and open on New
Years Eve to remember all the little things
you may have forgotten.



More help to create your jar:
<https://www.messylittlemonster.com/2014/12/new-years-eve-memory-jar-time-capsule.html>



FAMILY CHALLENGE

Who are you grateful for?

Today's thoughtful task is to think about someone that you would like to say thank you to. This could be a friend, a family member, a teacher, a neighbour or someone else.

Make their day and create a thank you card for them. Tell them why you are thankful.



Want some ideas?

<https://www.muminthemadhouse.com/kid-made-thank-you-cards/>



Feel Good Friday

Physical & Mental Health

We are very lucky to have Linzi from LivFit Ayrshire showing us just how fun working out can be. Exercising releases positive endorphins and makes us feel much better in general.

Exercise also helps our concentration levels which benefits us in school and everyday life!

<https://livfitayrshire.com/>

Introduction



CLICK HERE



Feel Good Friday

Physical & Mental Health

We are very lucky to have Linzi from LivFit Ayrshire showing us just how fun working out can be. Exercising releases positive endorphins and makes us feel much better in general.

Exercise also helps our concentration levels which benefits us in school and everyday life!

<https://livfitayrshire.com/>

Workout



CLICK HERE



DISCO



Have a family disco/party! Put on your favourite songs and dance around the house!

Why not follow a Just Dance or sing your hearts out to some Karaoke songs on YouTube.





FAMILY CHALLENGE

Write a shopping list for a few movie night treats, and try to include something healthy.

Organise a family movie night and enjoy a film together!





EXTRA ACTIVITIES

We have spent so much time on the laptops or our devices due to home learning so here are some non-screen activities you can do! 😊

Get away from the screens!



Even more

Non-screen activities you can do at home

Pobble

25 more ideas!

Recipes are a great way to express yourself and get creative. Have a go at our 25 food and recipe related tasks!

1 Write a recipe for happiness. What are the essential ingredients you need to include?



2 Design the front cover of your own recipe book. What will you call your book and how will you make it stand out?

3 Get revolting! What is the most disgusting menu you can think of? Design and create your own revolting menu.

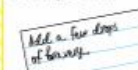
4 Make your own chef's hat. What will you use to make it? Newspaper or something else?



5 What makes a good friend? Can you write a recipe with the key ingredients?



6 Create a recipe for a superhero. What do you need to mix together and how would you do it?



7 Make a model of your favourite pizza. Use bits you find around the house. What toppings will you include? Bottle top pepperoni perhaps?

8 Write a song or rap about your favourite food OR about your least favourite food.



9 Draw a picture of the best dessert you can possibly imagine!



10 What do you need to make a healthy human? Draw a diagram to explain.



11 Start a food journal. Write down your favourite meals, ingredients and recipes. Are you eating healthily enough?



12 Imagine you need to make a cake for a special event. It needs to have 5 layers of different flavours. Design and label how it would look.

13 Word search fun! Create your own word search using words on the topic of food or cooking, then ask someone to complete it.



14 Imagine you discovered a new type of fruit! What would you call it? What would it look like and taste like? Write a description.

15 If you had your own restaurant, what would it be like? Would it have a theme? Make a model of it using things you find around the house.

16 How would you create a united community? Write down your method and the ingredients you would use.

17 The perfect teacher! Write a list of the ingredients you would need to make the best teacher in the world, perhaps you know one already?

18 Grow your own. Can you save the seeds from something you eat and plant them to grow your own?



19 Get baking! Find a recipe you like and have a go at completing it. What will you make? Biscuits, pancakes, fruit salad or something else?



20 Healthy body. Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?

21 How many words can you think of that rhyme with COOK? Write a list.



22 Rainbow foods. There are 7 colours in the rainbow. Can you think of a food that's the colour of each one? Draw a picture to show these.

23 Potion power! Imagine you have the power to create a potion. What would your potion do and how would you make it?



24 Alphabet food! Can you name something you would find in the kitchen that starts with the letter a,b,c and so on?



25 Put on a show! Can you put on a cookery show? Explain what you are doing at each step so it's simple for others to follow!



Parents and teachers – please share your success stories with us on social media:

HeyPobble Pobble Education TeamPobble



EXTRA ACTIVITIES



Amazing bank of resources that you can choose from!
Have a browse and see what ones you want to complete.

Lots of fun arts and crafts!



Anxiety and worry are normal everyday feelings which can help to motivate and protect us. At this time many children and young people may be feeling more anxious as we leave the coronavirus lockdown. This project offers space to notice and explore these feelings. The four creative activities encourage children to spot, settle, soothe and share their worries so these feelings do not become overwhelming. By doing this children can be helped to feel calm.

Activities

There are 4 activities in this project. Each one offers a different way of supporting children to manage anxiety and worry, described in 'Activity Aim'. Feel free to choose which activities would be most helpful for your child.

Materials

- recycled & natural materials
- paper
- coloured pencils/pens
- scissors and glue/tape



Project inspiration

Check out this document for more images, stories, activities and music which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)

Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

- @Place2Be
- Place2Be
- @Place2Be
- Place2Be



EXTRA ACTIVITIES



Lots of amazing videos suitable for children from EYC-P7 level!

Videos from footballers, to boy bands, to natural historians, to health care workers, to fun presenters.

Check them out at:

<https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr>



SUPERMOVERS

Just for Fun





Thank you all!

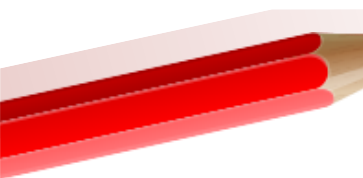


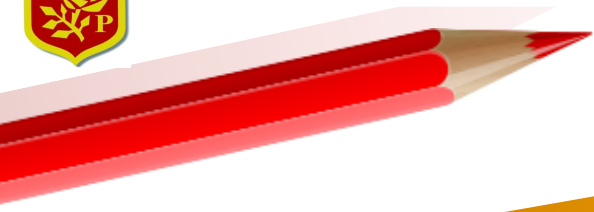
Thank you to all our amazing guests for taking their time to record the videos for us all!

Thank you to all the boys and girls for getting involved and as always doing an amazing job!

Thank you to all parents, grandparents and carers for getting involved!

Thank you to all school staff for also getting involved throughout the week.





Thank You!

Gardenrose Primary School

