**Wellbeing**

This week our theme is wellbeing. To help, we have split the activities into categories. Choose from the categories what you would like to learn about.

Don’t forget to take photos of all the different things you are doing. If you have a scrapbook, notebook or folder you can keep all your work and photos together. Remember to email pictures of your learning into school so we can see what fun you are having!

**Project – Can you create a Time Capsule for this interesting time in history?**

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| **Maths*** Complete a whiterose maths activity-Week 1. <https://whiterosemaths.com/homelearning/year-3/>
* Purple mash- Multiplication Monster- times table practise.
* Purple Mash- Bond Bubbles- number bond practise.
* Purple Mash- Funky Platform- calculation practise.
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| **Reading*** Read ‘The Colour Monster’ by Silvia Goni & Sarai Ruano [https://www.storyjumper.com/book/read/34461616/The-colour-Monster#](https://www.storyjumper.com/book/read/34461616/The-colour-Monster)
* Reading comprehension- Children’s Mental Health Week
* Read and discuss ‘Coronavirus A book for Children’- <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/> Can you write a list of questions for a family member to find the answer to in this book?
* Reader’s Choice- read a book of your choosing for 15 minutes. Talk about what you have read with someone in your house.
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| **Writing*** Keep a positive thoughts journal for everyday of the week. Try to focus on 3 positive things that have happened in your day.
* Describe the colour monster- write as if you are the monster
* Create an acrostic poem using the word RAINBOW or choose a keyworker to write an acrostic poem about like NURSE.
* Write a letter of thanks to a key worker or an inspirational person (ie: Captain Tom Moore, Joe Wickes)
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| **Theme*** Create a ‘Things to look forward to’ jar- each time you think ‘I wish we could…’ write it on a piece of paper and place it in the jar. When things return to normal, take out a piece of paper and do what you’ve written.
* Decorate a rock with a positive message. Go on a walk to leave the rock in a special place for someone to find. Whilst on the walk, have a look around for things that make you happy and fill a discovery jar with interesting and beautiful things that you see
* Relax with Cosmic Yoga.
* Making Negative thoughts into positive thoughts- worksheet
* Mindfulness challenge cards- see sheet website
* Mindfulness breathing- see sheet on website
* Using recyclable materials and craft bits around your home, create a colour monster. What colour did you choose? What emotion/emotions does your colour monster represent?
* **Make a Covid-19 time capsule- what will people in the future think of this unique situation? - Booklet on school website.**
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